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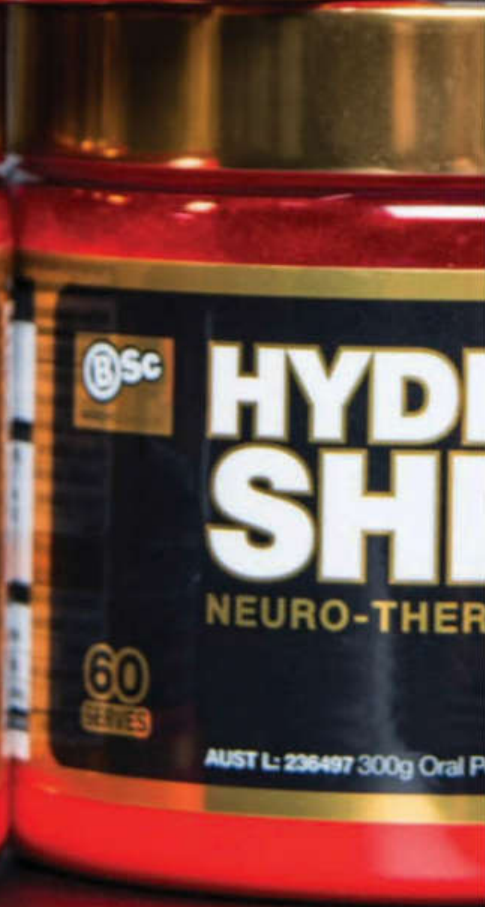
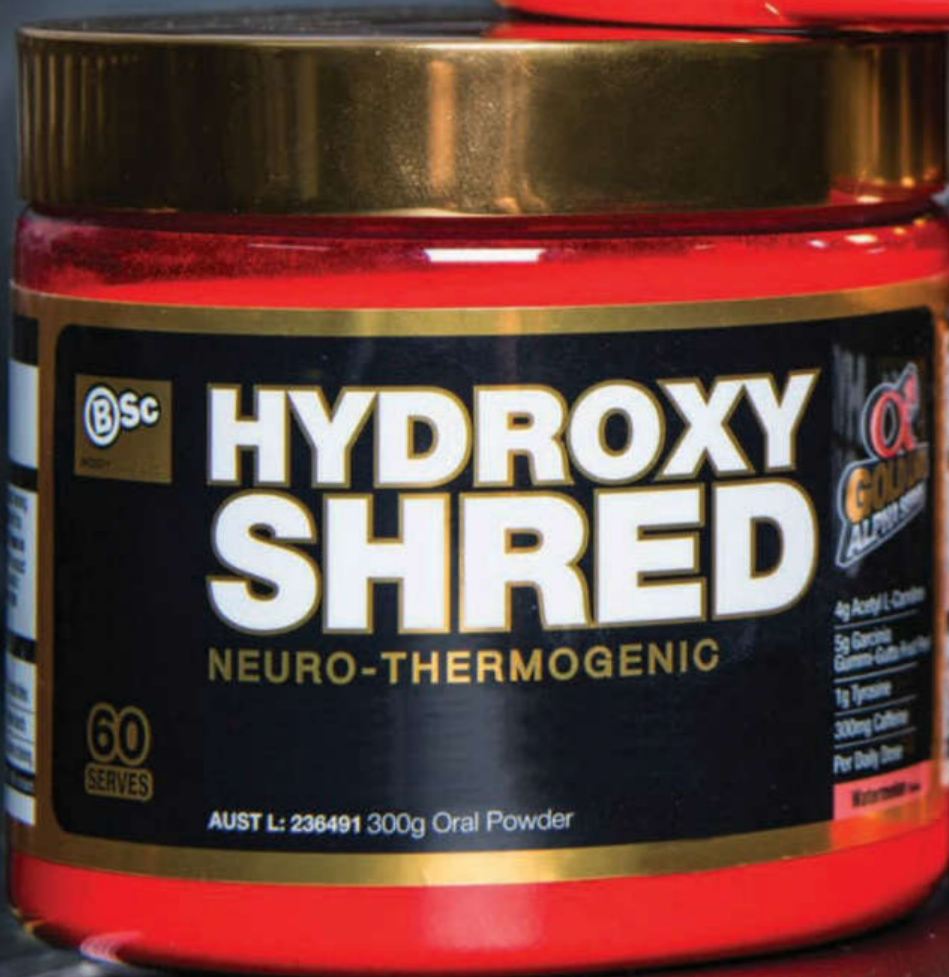


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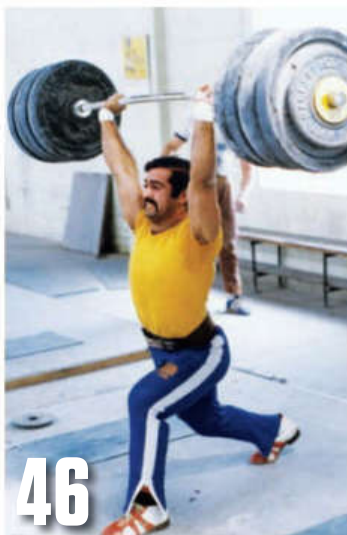
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# AUSTRALIAN IRON MAN

BODYBUILDING & FITNESS MAGAZINE

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# IRON MAN

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## IRON MAN USA

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# IM

# PUBLISHER'S LETTER

## Keeping Up with *Iron Man*

By Silvio Morelli



On my recent business trip to the United States, I had the great pleasure of meeting the new US publisher and editor-in-chief of *Iron Man*, Binais Begovic. He was eager to hear all about how fitness and health is growing and expanding in Australia, particularly as Iron Man (and Blitz Publications) are the official media partners of the Arnold Classic Australia. Access to information and globalisation of our industry has been evolving quickly, and Binais is very smart to recognise the important role international editions such as ours play.

No longer is the newsagent or subscription the only way to access our magazine. Now we can share the hard work created by our amazing group of experts, editors and designers via smartphones, tablets (iPad and Android), social media and through our own In-Site app. There has never been a better time to be a reader and consumer of fitness media. Binais and I were totally in-synch on that point, and I'm excited to continue to work with his team and our own here in Australia as we grow *Iron Man* further into the 21st century.

Binais said, "I truly wish we could deliver our magazine more often than once a month as we have so much to share with you," which echoes my own sentiments. As it is, we hope you enjoy the latest edition. It's chock full of awesome stories like 'Bulletproof Chest', which uses a two-pronged approach to building amazing pecs, and 'Core Power', which provides you a short-but-intense weight training and conditioning circuit to really get your fat burning for the summer.



Silvio (left) with Binais (right).

If you're looking for some motivation, this issue we speak to Physique pro Anton Antipov, whose engaging story will provide an extra boost of inspiration. Elsewhere in this issue you'll learn the rules of building killer abs, top tips for front squats and what you can learn from trying the Olympic lifts.

So we hope you enjoy this latest issue, no matter if you read it in hard copy or through one of our many digital options. We have much more to come — and we can't wait to share it with you.

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## Nathan Wallace

Natural Body-building Sensation

Natural Body-building Sensation Nathan Wallace may be one of the most dedicated, disciplined and mindful young body-builders on the Natural World Circuit today. Nathan understands the importance of high quality supplementation to a nutritionally sound diet plan. That's why Nathan chooses GEN-TEC.

## Ange & Nick Jones

Figure Champion / GEN-TEC Founder

Body-builders and Figure/Fitness competitors like World Champion and GEN-TEC founder Nick Jones and Australian Figure Champion, Ange Jones use high quality supplementation to boost training intensity and enhance their goal of a lean muscular physique.

## Joel Ramintas

Natural Mr World, Mr Olympia & Mr Australia

Popular veteran Natural Body-building Champion Joel Ramintas has earned himself an abundance of Australian and International Body-building titles. Joel is the original GEN-TEC sponsored athlete who stands for everything GEN-TEC prides itself on; dedication, intelligence, persistence, innovation and integrity.



## RIP BAITO

In last issue's Olympia Preview, you might have noticed that 212 competitor Baitollah Abbaspour's name had an asterisk next to it, as word had just broken that he was out of contention due to a serious illness called vasculitis. Unfortunately, Baito never recovered and passed away in late August.

Retired IFBB pro and close friend Dennis James announced the sad news on his Facebook page. "This is a very sad day and I am at a total loss for words but I have to let you all know that my friend Baito, who was fighting for a long time, has lost the battle and passed away," he said. "My condolences go out to his family and to all the Iranian people who loved and supported their hero all this time."

Vasculitis is a condition that destroys blood vessels through inflammation, and can have a terrible effect on muscles, joints, arteries and the nervous system.

Vale, Baito.



Roland Baik

## POWER CLUSTERS

Have you ever tried cluster sets? It might be one way to quickly and simply increase your training volume.

A recent study compared traditional sets, where reps are performed continuously, with cluster sets, where you briefly rest between groups of reps. Researchers tested both kinds of sets, taking as their subjects 12 trained and 11 untrained men who performed back squats. The subjects' performance was measured in terms of power, time under tension, as well as blood levels of lactate, testosterone, growth hormone and cortisol.

The results showed that cluster sets produced greater power and more reps overall, resulting in a greater total volume load. Cluster sets also put less metabolic stress on subjects than traditional sets, with a similar anabolic hormonal response. And it also seemed to have these effects regardless of whether a subject had training experience or not.

The study has been published in the *European Journal of Applied Physiology*.



## THRUST FOR A BUTT

If you only read social media pages, you'd think that the best way to improve your rear is squats, squats and more squats. However, a new study published in the *Journal of Applied Biomechanics* begs to differ.

The study, led by head researcher Bret Contreras, compared the back squat to the barbell hip thrust by measuring the electromyographic (EMG) activity of the glutes, hamstrings and quads during each of the two exercises. The subjects were 13 trained women who completed each exercise for 10-rep maxes.

What the researchers found was that the barbell hip thrust actually stimulated the glutes (both upper and lower gluteus maximus) and hamstrings (biceps femoris) more than the squat. As for the quads, there were no significant differences between the exercises.

Squats are obviously very important for a whole range of reasons, but if your girlfriend is seeking a Bikini bum, make sure she's doing hip thrusts too.



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## HALLOWEEN FITNESS



Break out the cobwebs and pumpkins. New federation Fit Athletic Physiques is staging a Halloween-themed bodybuilding show for their September event.

Both men's and women's divisions at the Victorian Championships will feature a 'Halloween costume' class, where competitors get to show off their Halloween-themed outfits. The class will be judged on creativity and originality of costume, presentation and overall physique. Not only that, there will also be free Halloween-themed events for children to participate in, so competitors and supporters are encouraged to bring their kids along in costume.

The FITAP Victorian Championships will be held on Saturday 26 September at the Phoenix Park Community Centre, East Malvern. More info at [www.fitap.com.au](http://www.fitap.com.au).

## ALCOHOL A NO-NO

Despite some media outlets swearing by red wine's health benefits, it shouldn't come as any shock that, in general, alcohol isn't great for the gym rat.

A review published in May by the *American Journal of Physiology, Endocrinology and Metabolism* looked at the research on how alcohol affects protein synthesis in the body. Surprise, surprise, it found that alcohol is pretty bad if you're trying to build muscle. "The preponderance of data suggest that alcohol primarily impairs global protein synthesis, under basal conditions as well as in response to several anabolic stimuli including growth factors, nutrients, and muscle contraction," the authors said.

Over time, the review said, alcohol promotes muscle wasting and weakness, two things readers of this magazine definitely don't want.



## SMASHING IT

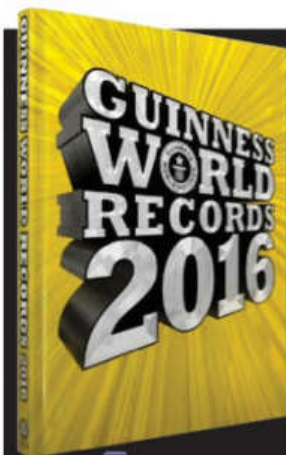


Derek Boyer.

The Guinness World Records 2016 hits shelves this September. New records in this edition include the fastest time to crush three watermelons between the thighs (Olga Liashchuk of Ukraine in 14.65 seconds) and the fastest time to carry three 225 kg weights separately up five steps (31.60 seconds achieved by strongman Zydrunas Savickas of Lithuania). A previously unpublished record set by Australian strongman Derek Boyer in 2010 will also appear for the first time: the longest crucifix hold with 10 kg dumbbells. Derek held the 'bells for one minute and 57.85 seconds on the set of *Australia Smashes Guinness World Records* at the Warringah Mall, Sydney.

Here are some more incredible feats of strength that attained a Guinness World Record:

- **1 min, 9.8 seconds.** Aussie Derek Boyer's record for holding a 500 kg weight with his shoulders in Melbourne in 2014.
- **8083.02 kg (17,820 lbs).** The weight of the heaviest vehicle pulled over 100 feet (30.48 metres) by a woman. The record was achieved by Lia Grimanis of Canada in 2014. Lia also beat another record by pulling a vehicle weighing 6,586.16 kg (14,520 lbs) in high heels.
- **1975.85 kg (4,356 lbs).** The record weight lifted by dumbbell rows in one minute, achieved by Robert Natoli of the USA at the Pacific Health Club in New York in 2014.
- The heaviest weight ever lifted is **2,422.18 kg (5,340 lbs)** by Canadian Gregg Ernst, who lifted two cars (with their drivers) on a platform in 1993.
- The heaviest amount deadlifted in one hour is **115,360 kg**, achieved by Ireland's Eamonn Keane in 2013.



In honour of the new edition, the Guinness team at Pac Macmillan Australia has kindly given *Iron Man* five copies of the book to give away. If you want one, simply answer the following question in 25 words or fewer:

# WIN!

### Which world record would you like to break?



Like our page at [Facebook.com/AusIronManMag](https://www.facebook.com/AusIronManMag) and email your answer with the subject line 'Guinness World Records' to [ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au) for your chance to score a copy. Full terms and conditions can be found on page 161.



# "I TRAIN WITH THERMAL XTC"

Jayson Wyner

Bodybuilder  
Nutraolics Athlete



*Thermal XTC is Nutraolics' euphoric fat-burner - designed to provide thermogenic fat-burning and a rush of clean energy. We spoke with bodybuilder Jayson Wyner to get "the skinny" on this supp.*

## WHAT DO YOU LOVE MOST ABOUT TRAINING?

Training keeps me centered. No matter what's going on in my life I can always count on the gym to bring me back down to earth and give me new perspective.

## HOW DO YOU STAY FOCUSED IN THE GYM?

Music is a big motivator for me. It keeps my senses pointed inwards on what I'm working on getting my body to do. I also like to give my training an extra sharp edge with a hit of Thermal XTC before I get started. This stuff induces an strong but clean energy rush that keeps me dialed in on my performance.

## WHAT DEFINES A GOOD FAT-BURNING SUPP?

A fat-fighting product should target fat both instantly and proactively. Thermal XTC does both of these really well. High-tech thermogenic actives and metabolic catalysts like Green Coffee Bean, Evodiamine, and Green Tea Extract work to help burn fat as you train. Elements like Garcinia Cambogia and Red Raspberry Ketones also help to prevent fat storage. The added euphoric rush is a bonus too!

## DO YOU GET "JITTERS" FROM FAT-BURNERS?

Not Thermal XTC. Its key ingredients are all natural herbals so the energy you feel is clean like a "runner's high."

## HOW DO YOU ACHIEVE SUCCESS IN THE GYM?

I always push myself. I find that the majority of my growth happens when I take the weight up one plate higher or force out that one extra rep.

## WHAT MAKES THERMAL XTC SO UNIQUE?

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## OVERSEAS STARS JOIN IP

Ann Titone.



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International Protein has really been living up to its name recently, taking on new sponsored athletes from all around the world. The biggest name to join the IP family is American IFBB Figure pro Ann Titone, who recently won the Tampa Pro. New Zealand strongman Darren Lang is also a new recruit, while two Aussies — powerlifter Chleo van Wyk and swimmer Keryn McMaster — have also joined the team. They join International Protein co-founder and IFBB pro Christine Envall and American IFBB pro Branden Ray as fellow top-level athletes.

International Protein has also taken to sponsoring overseas competitions, with the company sponsoring the upcoming Titans Grand Prix in Culver City, California.

Well done, International Protein!

## HEALTH COMES FIRST

A report published in *The FASEB Journal* suggests that inflammation caused by diet deficiencies is stopping some people from improving their overall health.

Researchers did a study where adults consumed two 'nutrient bars' every day for two months and measured the outcomes. Participants who were overweight or obese saw improvements in their cholesterol, insulin and glucose levels and many lost weight.

This is a reminder that, while we are trying to be fit, it's also important to first be healthy.

"If being healthy was as simple as 'losing weight' or 'keeping thin', our ancient ancestors who lived in times of extreme food scarcity might still be with us today," said Gerald Weissmann, M.D., editor in chief of *The FASEB Journal*. "This report shows that what you eat is as important, if not more, than how much you eat and how many calories you burn in the gym."



## T FOR HEART HEALTH

A new study published in the *European Heart Journal* has found that, contrary to previous reports, testosterone replacement may be beneficial for heart health, as well as stroke and mortality in general.

Researchers looked at a (US) Veterans

Affairs database of more than 83,000 men; the findings were that those who had sought help for low testosterone levels, including testosterone gels, patches and injections, had a lower risk of heart attack,

stroke or death from any cause. This was in comparison to men who were not treated for low testosterone.

Lead author Dr. Rajat Barua and colleagues do not know precisely why they saw these beneficial effects, but speculate it might involve body fat, insulin sensitivity, lipids, blood platelets, inflammation or other biological pathways.

Dr. Barua also stressed the need for "appropriate screening, selection, dosing, and follow-up of patients to maximise the benefit of testosterone therapy" and does not advocate 'off label' use (meaning that a doctor should not write a T prescription without an underlying medical reason).

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Prize money awarded to the winner of the inaugural Mr. Olympia, Larry Scott, in 1965.



Gene Mozee

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Prize money awarded to the winner of the 2014 Mr. Olympia, Phil Heath.



Roland Baile



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# MODEL INCLUSIONS

Natural powerhouse the INBA will be trialling a new format in Season B of 2015. A new title and division called Sports Model, where competitors wearing sports attire, with no bikini component, will debut at a Victorian event later this year. According to the INBA: "From the one-off trials conducted in Season B, we will confirm a nationwide standard for INBA Model divisions in 2016." Please visit the INBA website for more info on this change at <http://bit.ly/1L3LEwT>.



Melita Jagic

# BIOFLEX FLEXES ITS MUSCLES

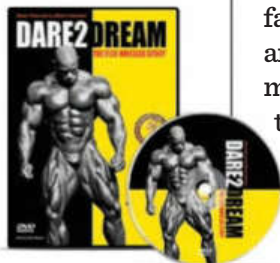
Kudos to *Iron Man* supporter Bioflex Nutrition, who won the 2015 Telstra Tasmanian Medium Business of the Year Award. Bioflex Nutrition, Bulk Nutrient's parent company, is one of the true supplement heavyweights in Australia today and it so pleasing to see an Australian supplement company getting recognised for their efforts, especially in a large mainstream context. Congrats!



Ben Crowley.

# DARE TO DREAM

IFBB photographer extraordinaire Gary Phillips recently released the trailer for his anticipated Flex Wheeler documentary *Dare2Dream*. According to Gary, the origins of the project grew from a friendship with Flex that commenced after he captured his famous photograph of Flex at the 1999 Mr. Olympia (which adorns the cover). Gary was also the creator of the acclaimed documentary *Shadow Warrior*, focusing on another IFBB legend, Dorian Yates. Gary's productions are imbued with high quality work on high calibre champions, and *Dare2Dream* (which was three years in the making) features some of the biggest names including Ronnie Coleman, Kevin Levrone, Chris Cormier, Shawn Ray, Charles Glass and Dorian Yates talking about Flex Wheeler. Watch this space for more info on a formal release date.



# DRIVEN BY BODYBUILDING

A trailer for an Australian documentary has come out of nowhere and it looks intriguing. *Driven*, by Squid Ink Productions, focuses on two of the country's best athletes, IFBB superheavyweight Scott Goble and PNBA Figure pro Mollie Stewart-Gibson. The film details the lead-up to both champions' journey to the Arnold Classic Australia in March this year and certainly looks to be a fascinating insight into the trials and tribulations in prepping for the most important Australian event on the competition calendar. Release date is not yet known but you can view the trailer at <https://vimeo.com/134716701>.



Mollie-Stewart Gibson.

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# The Front Squat

By Scott Paltos

Squat. Squat. Squat. There are few movements that activate the nervous system, recruit muscle fibres and build structural integrity like the squat. In all honesty, there may not actually be any other exercise with as much total-body benefit. And there are so many valuable variations of the squat. One that has received much more awareness due to the increasing popularity of Olympic-style weightlifting is the front squat. You've already seen the front squat make cameo appearances in the weight room in the past, but with Olympic weightlifting getting pushed out into the open, thanks to CrossFit putting its stamp on it, and the fact that sporting-goods stores now carry specific weightlifting shoes that are used for front squatting, this exercise has been getting more and more exposure.

Some find the front squat more comfortable than the back squat. This preference will vary widely between individuals depending on mobility, flexibility, history of injury and even femur length. I'm not recommending that you ditch the back squat and only use the front squat, but I am saying that the front squat is a great tool to fully develop your legs. It can be used as a primary heavy mover or a secondary mover. There are some days I'll program my athletes so the front squat is the finisher for the day. Conversely, our 10/20/Life team uses the front squat as a great follow-up to the deadlift to help accentuate that push from the quad to start the lift. Be safe, have fun, and have a plan.

**Barbell set-up:** The barbell is going to be held and loaded across the front of the shoulders. The stabilisation of the weight is in an anterior position and will demand a much more upright positioning with the torso. Set the loaded barbell in a power rack at about the same height you would for a back squat.

**Barbell loading position:** Here's where it can get dicey. In a typical

front squat, the barbell is in the rack position. This is what is used in Olympic weightlifting and is a precursor to the overhead press, as well as clean variations. The bar sits across the front delts, and the hands are relaxed and supporting the bar from underneath. Since the delts are holding the weight like a shelf, it's okay if the pinkie and ring finger come out from underneath the bar. The most important factor is the elbows. The elbows must remain as elevated as possible. If the elbows drop, the weight will come forward and pitch the whole body out of position.

**Front squat style:** A lot of lifters who have a bodybuilding-style background have a difficult time with the rack position due to mobility limitations, meathead tradition, or just plain comfort. A number of front squatters use the 'genie' technique in which their arms are folded over the bar and elbows are elevated. The bar still rests across the crease of the front delts, but the hands do zero work. There are also special pieces of equipment that will help position the bar in the same space with minimal wrist function, and some people even use lifting straps to alleviate discomfort if the wrists don't have the mobility to get into the rack position. Any of these options are fine. In my opinion, if the purpose is to front squat, the positioning needs to be the safest it can be so the lifter can focus on moving the weight.

**What moves first:** There is no difference in the initial movements of a front squat and back squat. In both exercises, the hips must hinge and then drop to load the front squat properly. Considering the position of the barbell, the torso stays more erect in a front squat than a back squat, but the mechanics of the hips must initiate movement. Don't start the squat with a 'full speed' knee bend and dive-bomber drop. Even when watching the best Olympic lifters, guys who are all

about speed and power, you will see that it's the hips and not the knees that initiate and load first.

**Find your depth:** After the hip hinge and descent, you need to make sure to find a good depth. Apologies to all the people who rabidly preach 'ass to grass', but there is no wrong or right depth. You need to make sure that the depth you go to is safe and right for you. If parallel is all you can go without pain, then that's your depth. If you can safely squat to 'Olympic' depth, then that's okay too. Try to increase your depth as you become more mobile, but for each workout make sure your range of motion is safe and pain-free.

**Getting out of the hole:** Accelerating out of the bottom is key. Drive through your heel and mid-foot, and finish by firing the glutes and hips. You're going to get a ton of quad, glute and posterior-chain activation during the whole squat. Just make sure those glutes are coming strong out of the descent and are the main drivers in finishing the lift. There are many varieties of where to stop and hold tension, but for now focus on finishing the lift safely in the upright position.

**Direction and leg focus:** Naturally, with the barbell loaded anteriorly, there will be a tremendous amount of core/trunk stabilisation. The quadriceps will be utilised and activated more so than the posterior chain. Kinetically this is just natural, but don't assume this is an isolation exercise for the quads. There is plenty of finishing work for the glutes and hips, as well as hamstring activation in the low to middle range of motion.

**Train your weakness:** Front squats are a stiff test of core strength and the ability to maintain stability and rigidity when under load. If you find it difficult to keep your elbows elevated and your torso erect, your core is most likely the weak link. Adding some anti-flexion abdominal





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work to your program, a subset of core training that is often overlooked, can help tremendously. Barbell or ab wheel rollouts, suitcase carries and landmines are good exercises to train anti-flexion muscles.

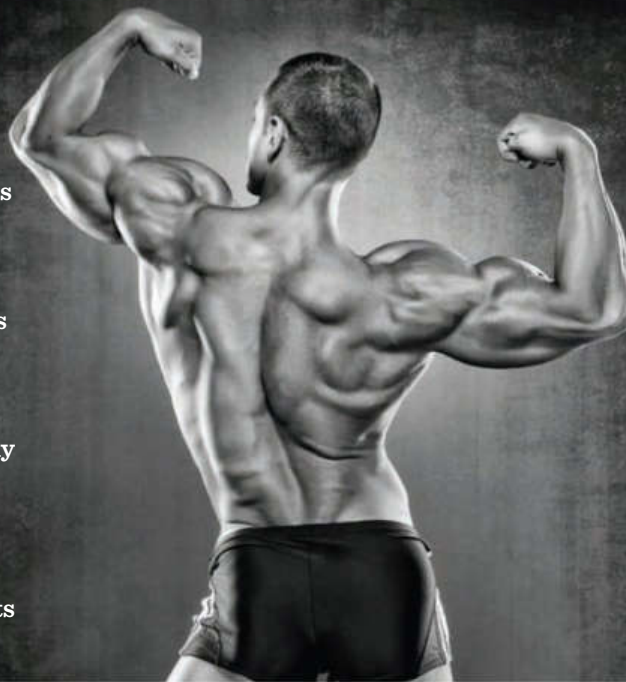
**Shoe choice:** This is another avenue to increasing stability and comfort in the front squat. The Olympic shoe you often see has a slight to moderate heel elevation to lessen the Achilles/calf stretch reflexes. This elevated heel makes it easier to squat because it allows a more natural occurrence of movement for those who do not have the proper mobility or range of motion. The heel can also help stabilise the lifter and put them in a safe line of motion. If you don't want to squat with the shoes, then a slight heel elevation may allow the front squat to be safer and more comfortable. Some lifters don't care and feel that a flat shoe is just as comfortable. Again, this is a decision the lifter needs to make. Try all three in training to see what works for you.



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# HANDS-ON TRAINING

If you're trying to grow a big back, the lat pulldown is probably a go-to machine for you. Make sure you're doing it right. Sports scientists at Pennsylvania State University conducted an experiment where they attached electrodes to the trapezius, latissimus dorsi and the biceps of subjects as they performed a variety of lat pulldowns, and measured the amount of muscle activation that occurred. A pronated grip (palms over the top of the bar) recruited significantly more fibres in the lats than an underhand grip. Width of the grip seemed to make little difference. This study builds upon earlier research that found that bringing the bar to your chest rather than your neck activated far more muscle fibres in both the lats and the biceps.



## MIND OVER MUSCLE

Visualisation is a key training tool in a variety of performance-based sports, and now you can add bodybuilding to that list. A study published in *The Journal of Strength and Conditioning Research* examined two groups of novice lifters. Both groups did the bench press and leg press three times a week. One group was instructed to visualise their next set during each rest period. They imagined the sequence of the movement and the sensation they would feel, but they did not contract the muscle. At the end of four weeks, the visualisation group grew stronger in a set of maximal strength in both lifts and experienced slightly more hypertrophy (especially in the lower body) than the group who did not use their imagination between sets. While the effect was modest, any way of making gains that does not cause wear and tear on joints or undermine the intensity of future workouts must be considered a valuable training tool.

## APPROACH THE BENCH

The shoulders are arguably one of the most important muscle groups for Physique competitors. Nothing else contributes as much to the appearance of a V-taper as a well-developed set of medial (side) deltoids. With that in mind, you might want to stay away from the Smith machine on chest day.

Scientists from the California State University at Long Beach examined the amount of muscle activation that occurs when performing a barbell bench press versus a Smith machine bench press. They found that the pectoralis major, anterior (front) deltoid, and medial deltoid were all stimulated to a much greater degree by the free-weight bench press. The biggest loser in the Smith machine press was the medial deltoid followed closely by the anterior (front) deltoid. The less experienced the lifter, the greater the difference between the muscle activation in the bench press and Smith machine press.





Frederic Delavier



## CHOOSE YOUR ANGLE WISELY

Make sure to take care of your back when doing leg extensions. Yes, a lot of people have knee issues when doing extensions, but setting the seat at the wrong angle can also wreak havoc on your lower back.

A 2005 study looked at the effects of three different seat angles on the lower back muscles, as well as the quads. The researchers found that the angle that put the least amount of stress on the lower back while still activating the quads was 90 degrees. That is, the back of the seat straight up. Any angle more obtuse than that increased the stress on the lower back — not only that, quad activation decreased.

So check the angle to make sure your lower back is getting proper support on leg extensions. After all, you make sure your back is supported doing squats— why risk it on extensions?

**Reference:** Gomez, T.R., et al (2005). The impact of seat back angle on electromyographical activity of the lower back and quadriceps muscles during bilateral knee extension. *J Strength Cond Res.* 19:908-917.



## SEQUENTIAL GAINS

It's accepted bodybuilding practice to start each workout with larger muscle groups and finish with the smaller ones. The idea being that the larger muscle groups need more energy and therefore need to be worked while your body is still 'fresh'. After all, working legs fatigues you more than training biceps. But is this the best way to train?

A 2005 study<sup>1</sup> looked at how exercise sequence affected performance and perceived exertion (how difficult the workout felt). Subjects did two different upper body workouts 48 hours apart; the first with larger muscle groups first, then smaller muscle groups, and the second workout reversed the order. They performed each exercise for three sets of 10, with two minutes' rest between sets. The results showed that regardless of exercise order, by the third set you're significantly weaker, judging by number of reps completed. Exercises in the middle of the workout weren't affected with either sequence. This study shows that the last exercise for any muscle group is going to be affected by cumulative fatigue. It therefore makes sense to train the bigger muscle groups first.

Of course, sometimes your first few exercises make you so tired that when

you go to train the smaller muscle groups, you're too burnt out to effectively do so.

A 2013 study<sup>2</sup> looked at this idea. Researchers compared exercise order in upper body and lower body workouts. They found that the number of reps a subject could do to failure was significantly higher for the first exercise, whatever it was, than those performed later in the workout. This study suggests that, when deciding exercise order, it's more important to put the target muscle group first in the program to avoid short-changing your workout.

So, if you're doing three large muscle group movements in one workout, by the third you won't be promoting much muscle size, so it's only logical to finish off with an isolation exercise for a smaller muscle group. But if you're wanting to hit a small muscle group in particular, you might get more out of it if you start with that body part first.

Looks like this bit of old-school bodybuilding wisdom has some backing.

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## HAND SPACING BICEPS TIP

The close-grip barbell curl puts a total hit on the medial and lateral heads of the biceps. The brachialis muscles even get complete stimulation. MRI analyses shows, however, that if you do the exercise with a wide grip, the medial head,

the one closest to your torso, takes the brunt of the stress, and the lateral head and brachialis lag behind. Keep your grip close on curls, about 10 inches (25 cm) between your hands, and you'll get a more complete overall biceps hit.

# Keep On Rolling

By Daniel Hedger

## Foam rolling has become very popular, but is there any evidence it works?

In recent years, the popularity of foam rollers has exploded, cropping up in everything from training videos to, yep, magazine articles. They've been a godsend for sports and exercises that require good mobility, like Olympic lifting and football, as well as handy for the general gym goer.

Foam rolling is a self-myofascial release (SMR) technique, a kind of massage therapy that targets the fascia, the connective tissue that surrounds the muscles and other internal organs. The idea is to use a foam roller to roll over the different muscle groups of your

body, find tender or knotty areas and focus on them to relieve tension.

Foam rolling has, for some trainees, replaced the standard stretching warm-up. There has been evidence that static stretching (the 'stretch and hold' kind) in particular has a negative effect on strength and force production<sup>1</sup> since strength required muscle tension, which can be deactivated by stretching.

A 2005 study<sup>2</sup> compared static stretching to dynamic stretching — quickly and frequently flexing the antagonist muscle before stretching the target muscle. The study found

that static stretching for less than 30 seconds was fine but longer than that reduced muscle power and strength. Dynamic stretching, on the other hand, actually increased strength and power, possibly because it somewhat mimics the exercises about to be performed. A more recent study<sup>3</sup> similarly found that two sets of stretching for 20 seconds does not decrease muscle strength and power.

So despite the jury being somewhat out on stretching as an effective warm-up tool, the new kid on the block, foam rolling, has gained prominence.

**Foam rolling has been shown to be beneficial both before and after exercise.**



Liana Louren Model: Parker Cole



Perhaps that's because, aside from being just a warm-up tool, it's become a recovery necessity in some sports, with purported benefits including increased mobility and range of motion as well as reduced muscle soreness.

Luckily, there's already a good deal of research on it.

As mentioned, two of the main uses of the foam roller are to increase flexibility and also decrease muscle soreness. Strangely, exactly how the foam roller actually does this is still unclear but recent research backs up the practice. Studies have shown foam rolling to be effective in enhancing range of motion without a drop in muscle performance<sup>4</sup>. One study<sup>5</sup> called foam rolling "an effective tool to increase hamstring flexibility", and compared it favourably to PNF stretching, a clinical method of range-of-motion rehabilitation.

The foam roller has also been found, in a recent meta-analysis, to have a positive effect not only on range of motion but also post-exercise soreness and fatigue<sup>6</sup>.

A recent study<sup>7</sup> looking at foam rolling and delayed-onset muscle soreness (DOMS) had similar results. Subjects performed squats in two different conditions: without post-exercise foam rolling and with (in addition to follow-up rolling, 24 and 48 hours later). The researchers found that foam rolling "effectively reduced DOMS and associated decrements".

Another study<sup>8</sup> on foam rolling after intense exercise found that foam rolling reduced muscle soreness as well as increased range of motion, as well as improving performance in the vertical jump.

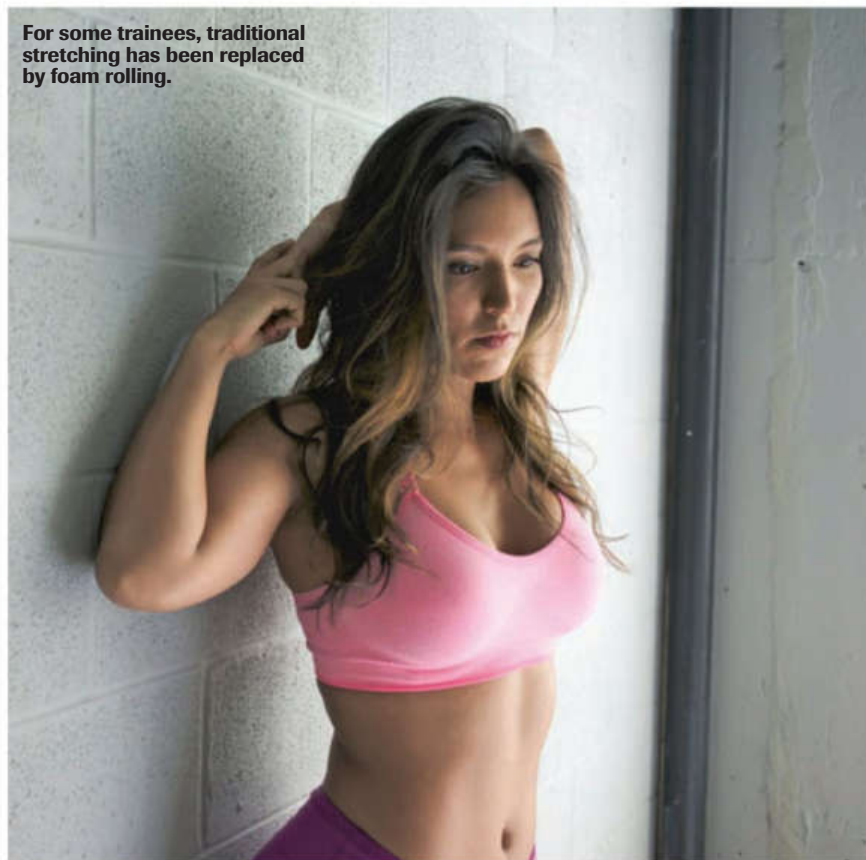
There's evidence for foam rolling's benefits both before and after exercise. One study<sup>9</sup> compared pre-exercise foam rolling to static core stretching (the plank). After a series of athletic tests (measuring vertical jump height

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**The foam roller has also been found, in a recent meta-analysis, to have a positive effect not only on range of motion but also post-exercise soreness and fatigue.**

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**For some trainees, traditional stretching has been replaced by foam rolling.**



Alburtum/David C

and power, isometric force, and agility), the results showed that, while the performance between the two groups had no significant differences, the foam-rolling group had significantly reduced fatigue.

As for whether stretching has been unfairly dismissed, a new study<sup>10</sup> comparing deep-tissue foam rolling to dynamic stretching (not static stretching) in college gridiron players found that both techniques could be used interchangeably, as both increased hip flexibility. A 2014 study<sup>11</sup> did compare pre-task foam rolling with static stretching and actually recommended combining them for best results for helping mobility issues.

So whether you're already a regular roller or you're sticking to your stretching, foam rolling/SMR is just one more technique you can choose to add to your arsenal on your fitness journey.

*For a much more in-depth look at foam rolling and its effectiveness, please see this review by Chris Beardsley: <http://bit.ly/1f2Q3wW>*

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**Q: I'm a big fan of the old-school physiques like Steve Reeves, Reg Park and Sergio Oliva. How can I build my biceps the way they did?**

**A:** Well, of course. Who wouldn't want biceps like those early pioneers of weight training and bodybuilding? They did it natty before there were any real supplements to speak of, and still managed to build impressive physiques.

Jack LaLanne was another pioneer of fitness way back in the early 20th century, before Arnold Schwarzenegger had even left Austria. He had some opinions on the best way to build biceps — perhaps not surprisingly, they are as simple as they come: curls, curls, curls.

Specifically, LaLanne prescribed standing dumbbell curls, concentration curls and incline dumbbell curls to build peaking pipes. For dumbbell curls, he recommended one-to-two warm-up sets before trying more strenuous, focused curls. When it came to concentration curls, he recommended 15 reps per set for at least three sets. As for incline dumbbell curls, he knew that Steve Reeves had built his Herculean arms using these and always included a set or two at the end of his workout to hit a different angle on the biceps.

LaLanne especially liked that you can do all three of these exercises at home with just a dumbbell set and an adjustable bench. His form tip for biceps? "Focus all your attention on rich, oxygenated blood flowing into your biceps," LaLanne said. "Breathe properly and move with correct form until you can lift no more."



Jack LaLanne.




**Q: When I do lateral raises, both with dumbbells and the cable variety, I can't really feel my delts working. Is there something else I can do for my side delts?**

**A:** The problem a lot of trainees make is using too much weight on shoulder movements, but particularly on lateral raises. You should be performing the movement with strict form in a slow, controlled way. You rep cadence shouldn't be faster than two seconds up and two seconds down. This means you won't be able to 'swing' the weight up and cheat your delts out of doing the work. The weight should be light enough that you can completely control it. When you swing a dumbbell up on a movement like the lateral raise, you're bringing momentum into it and subsequently letting the weight

fall through the lowering part of the movement. This removes tension from the target muscle, tension that you need to build muscle.

Remember, you shouldn't be pausing at the bottom of the movement, because there is almost no tension on the side delt. When you raise the weight, try to feel your delts working all the way through the movement but don't go too high. Most people don't need to raise their arm higher than parallel to the floor — any higher and your traps will take over.

If weight and form aren't your issue, and you still can't feel the side delts working, maybe try putting lateral raises after upright rows or one-arm upright rows in a superset, or try one-arm lateral raises, which will help you focus on one side at a time. 

## EXPERT QUOTE

"Bear in mind that the human body has but 100 units of recovery ability. It's not as if you have 100 units available for recovery from your bodybuilding workouts and another 100 units available for recovery from your aerobic workouts. You have 100 units of recovery ability available, period! If you divide that 100 units between anaerobic and aerobic, you'll get mixed results — a little improvement in strength and mass and a little in your running times. Most important: if you're not painstaking in allowing for full recovery from each, you won't see any progress; in fact, you'll regress in both areas, getting weaker and smaller and losing endurance." — Mike Mentzer



John Balk



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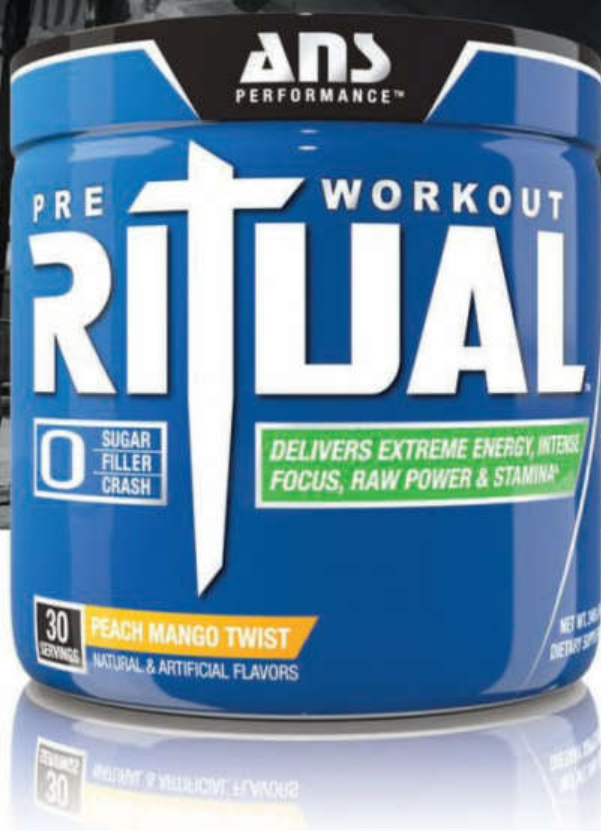
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# Antioxidant Overload

By Fredrik Paulún

Popping vitamins to ease post-training soreness might be stifling your gains.

Since strength training must be accompanied with proper diet to effectively reach physique goals, strength and endurance athletes are continually searching for nutrition strategies to enhance performance and body composition. Consequently, most athletes use nutritional supplements in hopes of boosting the effects of exercise even further. However, recent research has questioned one of the most commonly used nutritional supplements: antioxidant vitamins. While antioxidant supplements have long been thought to be beneficial for muscular adaptation to exercise, the widespread use has created an ongoing debate.

## Antioxidants and exercise

It's no secret that exercise offers many beneficial health outcomes; however, during exercise, normal cellular metabolism is elevated to meet the energy demand. This dramatic increase in oxidative metabolism is accompanied with the production of free-radical reactive oxygen species (ROS), which have the potential to inhibit immune responses. ROS also disrupt muscle homeostasis and cause damage to proteins and cell membranes. Collectively, these outcomes are sometimes referred to as oxidative stress. Antioxidants offer a protective effect by combating the ROS produced during exercise. Antioxidants limit the actions of ROS by removing their unpaired electron, making them far less reactive. In a nutshell, antioxidants work to eliminate oxidative stress by neutralising ROS, which in turn prevents cell damage.

## Antioxidants in the diet

Several nutrients, including vitamin C and E, act as antioxidants by helping to protect body tissues against the potentially damaging effects of ROS. While minerals — including copper,



Neveux/ Model: Serg Constance/Stevall





selenium, magnesium and zinc — also provide a great source of antioxidants, the interaction between exercise and vitamin C and E supplementation has recently received increased attention. These potent antioxidants are naturally found in fruits and vegetables, especially those that are dark green, orange, red and yellow. Major sources of vitamin C include citrus fruits, broccoli, potatoes, peppers and strawberries, while vitamin E can be found in eggs, whole-grain products, vegetable oils and butter. Both vitamins C and E are essential molecules that cannot be synthesised in the body and therefore must be obtained from dietary sources. Vitamins are an important part of an athlete's diet, as deficiencies can inhibit body functions and health.

### How much is enough?

The recommended dietary allowance for vitamin C is 90 milligrams per day for men and 75 milligrams per day for women, whereas the recommended dietary allowance for vitamin E is 15 milligrams per day for both men and women. Diets rich in foods that are naturally high in antioxidants are associated with better health outcomes, therefore if a little is good, more must be better, right? Maybe not. Recently, several research studies have investigated this theory, and the findings may come as a surprise.

### Too much of a good thing?

Supplements containing antioxidants and vitamins are widely used for the purpose of improving health and athletic performance. Contrary to common beliefs, recent research studies have demonstrated that antioxidant supplementation may actually interfere with exercise recovery and muscle growth. High dosages of vitamin C and E have shown to blunt certain adaptations to training. A study published in *The Journal Of Physiology* provided young, recreationally active men and women with either a vitamin C and E supplement or a placebo during 10 weeks of heavy resistance exercise performed four times per week. The supplement contained 1,000 milligrams of vitamin C and 235 milligrams of vitamin E. The antioxidant supplementation blunted anabolic cellular responses to resistance exercise and also hindered strength outcomes following training. While



Naveux/ Model: Wille Stenvall



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the antioxidant supplement did not significantly blunt muscle hypertrophy following the 10 weeks of training, bicep-curl strength was lower in the group supplementing with the antioxidants as compared to the placebo group.

In another study, published in the *Scandinavian Journal of Medicine & Science in Sports*, elderly men were provided either a vitamin C and E supplement (1,000 milligrams of vitamin C and 235 milligrams of vitamin E) or a placebo during 12 weeks of resistance training performed three times per week. Similarly, this elevated dosage of vitamin C and E curbed certain muscular adaptations to strength training. In this case, the group receiving the vitamins had less gains in muscle size compared to the group given the placebo. Maximal strength measures were not different between groups.

Additionally, a separate study published in *The Journal Of Physiology* also provided young, recreationally active men and women with either a vitamin C and E supplement (same dose as previously used) or a placebo during an 11-week endurance training program. Vitamin C and E supplementation reduced cellular adaptations in the exercised muscles;

### As it goes for most vitamins, taking a supplement will not improve performance if you are not nutritionally deficient.

however, no effect was observed on maximal aerobic capacity following training. Based upon the most recent research, it appears that high-dose antioxidant supplementation may interfere with some training benefits for both physique athletes and endurance competitors.

#### Rules for antioxidants

Don't pass on your nutrient-rich fruits and vegetables just yet. These studies administered doses of vitamin C and E way beyond the amounts one would take in through proper nutrition. As it goes for most vitamins, taking a supplement will not improve performance if you are not nutritionally deficient. Besides, physically active individuals tend to ingest above-average amounts of micronutrients through diet alone. Furthermore, dietary deficiencies of

these vitamins are extremely rare, even in athletes. Therefore, regularly ingesting large dosages of vitamin C and E appears to be unnecessary and may even be detrimental to your physique goals. Increased intakes of antioxidants have been suggested to reduce the extent of muscle damage following exercise; yet by squelching the damage induced, you might be squelching a valuable part of the muscular repair process too. It's a classic inverted-U function: As antioxidant levels increase, the repair process improves, but only to a point, beyond which increases in antioxidants may lead to a disruption in muscular adaptation. (It's unclear whether non-vitamin antioxidants that are common in superfoods and supplements, such as resveratrol, coenzyme Q10, flavanols, polyphenols, or EGCG, have the same effect.) Instead, focus on consuming a diet rich in fruits and vegetables, and feel free to take a daily multivitamin, but beyond that you might want to leave the vitamins on the shelf.

Fredrik Paulún is a nutritionist based in Sweden. He holds a Master of Science in nutrition and specialises in improving body composition. For more info, check out [paulunsfood.com](http://paulunsfood.com).

Going to bed in a fasted state may cause the body to shift into a catabolic state while you sleep.



Neveux/Model: Jason Witrock





Supplied

## GREEN TEA PANCAKES

I came to drinking tea very late in life — always started the day with a Milo and turned to my favourite chocolatey drink when I was happy, sad or anywhere in between. My Milo drinking days came to a crashing halt several years ago when I visited the legendary Jo Rogers of Style on Stage for some comp prep advice. When I told her I started every day with a Milo, her response was: “Not any more, you don’t!” So, green tea it became.

I’ve just discovered Matcha Maiden green tea powder and what a fortuitous discovery it has been! So many applications in the bodybuilder’s nutrition plan. The possibilities are endless. This is my current favourite recipe to emerge from all the playing I’ve done recently: green tea pancakes.

### Ingredients

- 1 tsp Matcha Maiden green tea powder
- ½ medium banana, mashed well
- 1 tsp vanilla
- ½ cup buttermilk
- ½ cup wholemeal self-raising flour
- ½ cup hazelnut meal
- 2 egg whites, whisked to a firm peak
- 6 tbsp fat-free Greek yoghurt

- 1 punnet strawberries
- 50g blueberries
- 2 tsp cacao nibs (optional)
- Butter to cook

### Method

1. Combine mashed banana, vanilla and buttermilk in a bowl.
2. Mix in flour, hazelnut meal and green tea powder until smooth.
3. Gently fold in whisked egg whites
4. Heat a non-stick pan to a low-moderate heat and add one tablespoon of butter and heat till foaming.
5. Drop tablespoons full of mixture into pan. When bubbles start to appear on pancakes, they should be right to turn, but do a quick check on whether they are brown by lifting gently with a spatula.
6. Cook till nicely brown on both sides.
7. Serve pancakes topped with Greek yoghurt, strawberries and blueberries. Sprinkle with cacao nibs to garnish.

### Chef’s notes

- Don’t stir pancake mix too vigorously or for very long, as you will develop

the strength in the gluten in the flour and make the pancakes tough.

- Fold egg whites in very gently to maintain their volume.
- A firm peak for whisked egg whites is when you lift the whisk out of the mix and the peak left behind holds its shape.
- You could use olive oil spray to reduce the fat content, but I love the buttery goodness and use this as a treat!

### NUTRITION

for eight serves:

Energy .....	4153 kJ
Fat .....	46.4g
Sodium.....	727.1mg
Carbohydrate .....	75.9g
Protein .....	37.3g



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

# Response Time

By Gabriel Wilson, PhD, CSCS

## Optimise your anabolism with the latest science in leucine supplementation.

Leucine is a common household name among bodybuilders and athletes these days. This unique branched-chain amino acid (BCAA) is a well-documented trigger for muscle protein synthesis and is now considered a limiting factor for determining the quality of protein in your diet. Meaning, without leucine in your system, it is nearly impossible to add lean tissue. Athletes who have more leucine in their diet build more muscle mass, recover faster, and gain more strength. But while many athletes know leucine is important, few understand its proper application in their diet.

Leucine is not simply magic fairy dust that you can sprinkle on your food and then watch your muscles expand. It must be used at optimal dosages and at specific times during the day to reap its anabolic benefits. Unfortunately, many BCAA products contain suboptimal amounts of leucine in their BCAA formulas and thus offer little benefit. Research has shown that there's evidence of a dietary leucine 'threshold' that's required for optimising muscle growth. When taking BCAA and amino acid supplements, studies suggest that at least three grams of leucine is needed to fully optimise the anabolic response. By contrast, diluted formulas with less than two grams of leucine fail to stimulate muscle protein synthesis.

The important role of leucine in the diet becomes even more critical as we age. Over time, athletes typically find that they don't achieve the same muscle-building response they used to get from consuming proteins or amino acids as when they were younger. Research has identified that this is a result of 'anabolic resistance' to the amino acid leucine. However, when adults with anabolic resistance are supplemented with leucine-loaded BCAA formulas that contain three to four grams of leucine, they are able to restore the anabolic state of their muscles. Conversely, weaker leucine formulas (containing less than two

**Leucine is not simply magic fairy dust that you can sprinkle on your food and then watch your muscles.**



grams of leucine) fail to reinstate muscle anabolism in adults.

To obtain this critical amount of leucine in your diet would require consuming 30 to 40 grams of high-quality protein. Of course, not all people enjoy eating six ounces (170g) of steak several times a day. This is where supplementation can come in handy. During my dissertation research at the University of Illinois, our lab showed that when you consume a meal with low levels of leucine, supplementing the meal with leucine will maximise the anabolic response of the food. The implications are that while leucine is an excellent choice as a pre-, intra-, or post-workout supplement, it can also be supplemented with meals to improve the quality and anabolic activity of these meals, particularly those lower in protein or those that contain foods with lower amounts of leucine, such as plant proteins. (Pay attention, vegetarians.)

When searching for BCAA supplements, it is crucial to consider the volume of this important research. For greatest anabolic effects, you must use BCAA formulas that are heavily loaded with leucine and contain at least three grams per serving. An example of a leucine-forward formula is MHP's supplement BCAA 10X, which is based on the latest research on leucine metabolism. This potent formula features a 10:1:1 BCAA ratio containing 10 times the amount of leucine compared to isoleucine and valine (the other two BCAAs). BCAA 10X contains over four grams of leucine per serving to ensure that you optimise your anabolic response regardless of your size, age, or training status.

*Note: MHP is distributed in Australia by EMI Nutrition, [www.eminutrition.com.au](http://www.eminutrition.com.au).*



## REFUSE THE BOOZE

Everyone knows that alcohol is packed with calories. Even a couple Grey Goose and sodas with lime, which average only about 100 calories each, can derail your physique goals. That's because the potential caloric damage you do when you have your buzz on dwarfs the calories that are in the actual drink. A new study published in the journal *Obesity* examined the brain's role in mediating caloric intake following alcohol consumption. A group of women were given alcohol intravenously (in order to circumvent the digestive system) while another group was given a placebo. The subjects who were exposed to alcohol ate more food at lunch than those who did not imbibe. What's more, researchers using functional MRI scans found that the women with alcohol in their system experienced greater brain activity when exposed to food aromas. Scientists have dubbed this the 'aperitif effect' and concluded that the hypothalamus plays a complex role in the relationship between alcohol and food cues. Forget the occasional Captain Morgan and Diet Coke. If you're dieting for a show, it's best to stay away from alcohol completely.



## FIT FOODS FALLACY

A group called the American Marketing Association recently released the findings of an experiment in 'fitness branding'. Featured in the *Journal of Marketing Research*, the experiment examined how consumers approached food that was categorised as fit. Participants described themselves as being 'restrained eaters' and interested in losing weight. Yet, when snacks had a title related to fitness or bore an active-lifestyle graphic such as running shoes, the subjects tended to eat far more of that food. Also, the same subjects exercised less after eating it, as if the food was a substitute for working out. The moral of the story is, don't worry about the front of a label — pay more attention to the back of the label where you find the nutrition information.



## NETFLIX IS MAKING YOU FAT

Characters get killed left and right on *Game of Thrones*, and the show might be treating your abs the same way. The results of research published in the journal *Public Library of Science (PLOS)* claim that television is actually adding fat to your belly. In men, the number of hours spent watching television was significantly correlated with higher body fat mass index, percentage of body fat, subcutaneous fat and visceral fat. More disturbingly, it was also associated with the beginnings of atherosclerosis. Everyone deserves some passive entertainment after a long day of work, gym and family, but this research seems to show that when it comes to TV, less is more. Curiously, this effect only applies to men, as women in the experiment exhibited a similar association between television and body fat, but the connection was much weaker. We assume that the nausea induced by episodes of *The Bachelor* slowed down the weight gain for women.



## MAGNESIUM FORCE

Over the last few years, sports scientists have found an alarming rate of magnesium deficiency in people who engage in intense weight training. A recent study shows that low levels of this mineral might be seriously inhibiting your gains in the gym.

Information published in the journal *Biological Trace Element Research* describes how scientists measured the testosterone levels of athletes and sedentary people who were given supplemental magnesium. Both groups were given a daily dose of 10 milligrams of magnesium per kilogram of body weight. After four weeks, the two groups experienced a boost in free and total testosterone, although the athletes saw greater increases.

Considering the relative low cost of magnesium supplements, and the plethora of health and performance benefits the mineral contributes, you can't afford to skip this supplement.



## SCORE ONE FOR SUPPLEMENTS

Researchers at the University of Washington monitored 35,000 women over five years and found that fish oil supplements offered significant protection from breast cancer. The study, published in *Cancer Epidemiology, Biomarkers & Prevention*, describes how fatty acids derived from fish reduce the concentration of certain inflammatory factors that are thought to increase the risk of breast cancer. Even though there will be unfortunately over 290,000 new cases of breast cancer diagnosed in 2015, this study is good news for everyone, even those without breasts. For years, there has been scepticism whether supplements confer the same benefits as whole-food nutrient sources. This is a clear example of a supplement providing a clear and potent value, at a time when the prospect of eating fish — due to declining populations and increased contamination — can seem less and less appealing.



## GOOD NEWS FOR CARB CUTTERS

Cutting carbs is generally considered to be the fastest and most effective way to drop weight. It is also thought to make you weak, sluggish and crabby. We can't help with the mood stuff, but new information shows that slashing your carb intake over a short period won't cut into your strength or power. A study published in *The Journal of Strength and Conditioning Research* examined trained men and women who ate either a diet of 40 per cent carbs or five per cent carbs. Those in the second group maintained their daily caloric intake by eating more fat and protein. At the end of seven days, the carb-restricted group had significantly decreased their body mass but were still equal to the carb-heavy group in strength and power tests such as vertical jumps and one-rep maximums for the bench press and back squat. Short-term carb restriction may be a smart strategy for weight-class athletes or anyone looking to peak for a photo shoot or event without the dangers of excess dehydration.




## DIET OBESITY?



Earlier this year, a study stating that diet soft drink intake was a major cause of abdominal obesity made the headlines of mainstream news. Don't pour out that can of Lo-Carb Monster just yet. Under closer examination, the study has little relevance for *Iron Man* readers. For one, this was an observational study, meaning there was no control group to compare results. Secondly, all of the subjects were over 65 years old. And lastly, once the findings were adjusted for similar demographic characteristics, the average abdominal gain for diet soda drinkers was about 1.4 cm more than

those who didn't drink diet soft drinks, and this was over a 10-year period.

Conversely, just a few months ago, the *Journal of the Academy of Nutrition and Dietetics* published a meta-analysis of studies on how artificial sweeteners affect weight gain, and the consensus was that sweetened zero-calorie beverages can help facilitate modest decreases in body weight. If the occasional diet soft drink quells your craving for something sweet, or you enjoy a low-calorie energy drink before you train legs, don't let a few silly headlines stop you. 



# ARE YOU BUYING PROTEIN ONLINE

Whether you buy protein online to save time, save money or simply because you like to buy in bulk, are you certain your conveniently delivered supplements are actually delivering true value?

As an IRONMANTM reader you are probably very familiar with buying protein and supplements online, but do you know how many dodgy and illegal businesses are out there trying to get your cash and stall your gains? With these quick tips you can arm yourself against these dodgy operators and make sure you are getting maximum bang for your online buck.

**1. Exercise caution with corner cutters.** Avoid brands that use unmarked packaging, cheap labels or that have no physical address. These are all warning signs of small-time operators that might be cutting corners on key ingredients. If you're unsure, ask the company in writing if they manufacture their own supplements (most don't) and what steps they take to ensure what's on the label is actually in the finished product.

**2. Make an investment in your body.** Would you buy a high performance car, only to fill it up with budget petrol? Same logic applies to your physical fitness and nutrition. Only invest in quality supplements that deliver both great value and superior nourishment to your body.

**3. Judge a website by it's cover.** Reputable online stores invest heavily in website functionality, design and security. Out-dated, buggy or poorly designed websites, particularly those missing secure payment options and SSL encryption are a sure sign of an online store worth avoiding.

**4. The wrong choice costs you more.** Making the wrong supplement choice doesn't just mean a waste of your hard earned money, but might also mean a waste of all that time and effort in the gym. Don't lose out on results simply because you saved a few dollars on sub-standard supplements.

**5. Look for extra value.** Always visit the clearance or sale pages on a website, plus keep an eye out for a newsletter signup bonus or other incentives. Do a quick search and see if there are any coupon codes floating around the internet. A few minutes research could land you some great value deals.

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# ***BULLETPROOF CHEST***

*THIS 10-WEEK PROGRAM COMBINES VOLUME AND INTENSITY  
FOR THE ULTIMATE PECTORAL STIMULUS.*

BY ROGER LOCKRIDGE

PHOTOGRAPHY BY MICHAEL NEVEUX

SHOT AT METROFLEX GYM, LONG BEACH, CA

For the past couple of decades, a debate has taken place in gyms and weight rooms all over the world. Which is better: high-volume or high-intensity training? There are bodybuilding greats from the Golden Era like Arnold Schwarzenegger and Sergio Oliva who firmly believed that more was better when it came to building muscle. But legends of the gym like the late Mike Mentzer and six-time Mr. Olympia champion Dorian Yates believed that you could do as little as one work set to failure to achieve your best physique. So which side of the fence are you on?

## high-volume training

High-volume training is doing multiple sets of multiple exercises so you overload the focused muscle with as much stress as possible. Many programs out there call for 20 or more sets per body part as well as little rest between sets. The belief is the more stress you place on the muscle, the better it will recover and grow to help the muscle prepare for the next onslaught you inflict upon it. You can either perform all sets with the same weight, or increase the weight and decrease the reps as you perform each set. Workouts can take as long as over two hours to get through. But if you love the gym, this is just one more benefit for you. If you want the volume without the time commitment, you can do supersets. This is where you perform two exercises in a row before resting. You will complete the same number of sets in less time, but you will likely also get tired faster, which means you'll have to push yourself harder to get through the workout.

### HIGH-VOLUME TRAINING

**Weeks 1, 3, 5, 7, 9**

Perform the required sets and reps. Rest for one minute between sets.

EXERCISES	SETS	REPS
Push-Up	2	20
Incline Barbell Bench Press	3	6-8
Incline Dumbbell Flye	3	10-12
Flat Dumbbell Press	3	6-8
Flat Bench Cable Flye	3	10-12
Weighted Dip	3	6-8
Cable Crossover	3	10-12



#### PUSH-UP

Lie prone on the ground with your hands and toes touching the floor. Position your hands so your palms are flat and shoulder-width apart, with your elbows bent and touching your sides. While keeping your entire body as straight as possible, push your hands

against the floor and press yourself up until your arms are fully extended. Once you pushed yourself up, your hands and toes should be the only part of your body touching the floor. Hold this pose for a second before lowering yourself back to the starting position.





#### **INCLINE BARBELL BENCH PRESS**

Lie on an incline bench and take hold of the bar with your grip a little wider than shoulder width. Keep your feet flat on the floor and your butt and back in contact with the bench. Unrack the weight and hold it at arms' length overhead. Lower the bar until it touches your chest while keeping your elbows close to your sides. Once the bar touches your chest, extend your elbows and press it back up overhead.

#### **INCLINE DUMBBELL FLYE**

Lie on an incline bench with a dumbbell in each hand. Press the weights up so they are at arms' length overhead. Turn your palms so they are facing each other. Keep your feet flat on the floor. This is your starting position. Slightly bend your elbows and lower the dumbbells out to your sides. At the bottom of the stretch, your elbows should be below parallel with your shoulders. This should create a stretch in your pecs. Keep your elbows out to your sides throughout the movement. Using force from your pecs, lift the weights back to the starting position.



## high-intensity training

High-intensity training, also known as HIT, is the polar opposite. In theory, you do one or perhaps two lighter warm-up sets and only one work set per exercise, and you limit the exercises to only a few key movements per body part. However, there are a lot of different angles to target the chest, so this program will include the same exercises for the HIT training as there is for the high volume. The one work set is to be taken beyond failure with one of a variety of intensity-boosting methods such as drop sets, rest-pause, forced reps and cluster sets. This method takes less time, but it will also mean you have one shot to make that work set count, so you don't want to hold anything back.

The other major difference between these two strategies is in the rest periods. The original architects of HIT recommended as much as five minutes between work sets so you're as optimised as possible to give everything you have to that singular set. Although the extra rest is great for strength development, studies show shorter rest periods are better for hypertrophy. In this version of HIT, you only rest for two minutes between sets in order to stay primed for the next exercise.

### HIGH-INTENSITY TRAINING

Weeks 2, 4, 6, 8, 10

Perform one warm-up set of 12 reps for each exercise before the work sets. Rest for two minutes between exercises. Each set should be an all-out effort.

EXERCISES	SETS	REPS
Push-Up	1	50
Incline Barbell Bench Press	1	3-5
<i>Intensity Tip: Cluster set of three sets of three to five reps with a 20-second pause between each.</i>		
Incline Dumbbell Flye	1	8-10
<i>Intensity Tip: Perform five-second negatives on each rep.</i>		
Flat Dumbbell Press	1	8-10
<i>Intensity Tip: Add a drop set after the last rep.</i>		
Flat Bench Cable Flye	1	10-12
<i>Intensity Tip: Perform a 10-second rest-pause to failure after the last rep.</i>		
Weighted Dip	1	10-12
<i>Intensity Tip: Perform a two-second pause in the bottom of the movement with each rep.</i>		
Cable Crossover	1	10-12
<i>Intensity Tip: End the set with three forced reps.</i>		

#### FLAT DUMBBELL PRESS

Lie on a flat bench with a dumbbell in each hand. Press both dumbbells at the same time up to arms' length overhead. Keep your palms facing away from you and your feet flat on the floor. Lower the weights until your elbows are below parallel with your shoulders. Try to keep your elbows tucked into your sides while lowering the weights to keep the focus on your chest. Once the dumbbells are at chest level, press up immediately until you're back at the starting position.





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## BULLETPROOF CHEST



### FLAT BENCH CABLE FLYE

Position a bench in between two low cable pulleys with D-grip handles. Take hold of both attachments and lie on the bench with your feet flat on the floor. Hold the handles at arms' length overhead. While maintaining a slight bend in the elbows, lower the handles out to your sides until the weights are close to touching the stacks. This should create a stretch in your chest. Once your elbows are below parallel with the shoulders, lift the handles to return to the starting position.



### WEIGHTED DIP

Use a belt attachment, weighted vest, or hold a dumbbell between your feet for this exercise. Position yourself between parallel bars and place your hands on each bar. Hold yourself up on the bars with your arms for support. Lean slightly forward and lower yourself down so you feel a stretch in the pecs. Your shoulders should be slightly below parallel with the elbows at the bottom of the movement. Using force from your pecs, press yourself back up to the starting position.

## INTENSITY TECHNIQUES

**DROP SET:** Reduce the weight you're using once you reach failure so you can continue to perform more reps.

### SUPER-SLOW

**NEGATIVES:** Lower the weight more slowly than you usually would. One example is lowering the weight for five seconds instead of one. This increases the time under tension for the working muscles.

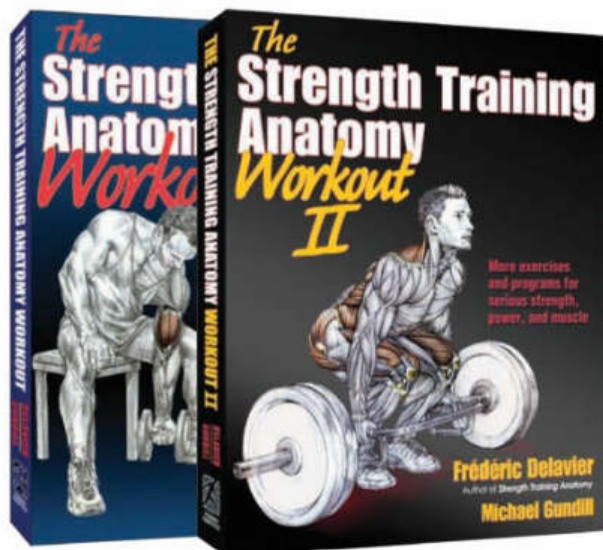
**REST-PAUSE SET:** Once you reach failure, stop for a matter of seconds before resuming the set.

**FORCED REPS:** Have a partner assist you through the lifting portion of each rep to overload the muscle with more weight than you're accustomed to lifting.

**PAUSE REPS:** Stop the movement at the bottom of the exercise to eliminate momentum. One example is pausing the bar on your chest during a bench press.

**CLUSTER SETS:** For this technique, you'll perform a few reps with extremely heavy weight, rest for 20 to 30 seconds, and repeat the pattern one or two more times.





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## BULLETPROOF CHEST

### Matthew Acton

**Age:** 27

**Lives:** Long Island, New York

**Profession:** Sales/marketing/R&D/IFBB Physique pro athlete/meal prep foods owner

**Likes:** Anything relaxing. I like traveling and learning about people and the world. I love cooking, photography, and videography

**Dislikes:** People who don't rack weights, arrogance, ignorance, and immaturity

**Favourite Clean Meal:** Double burger from BurgerFi, no cheese, 1 tbsp ketchup

**Favourite Cheat Meal:** Anything Italian or a downright dirty burger

**Drives:** Yukon Denali

**Wants To Drive:** 2015 Ford Mustang. Don't hate.

**Listens to:** Ant Matos, an aspiring hip-hop artist who helps motivate me through his journey in his industry.

**Last Book Read:** I re-read my anatomy and physiology textbooks for fun. Keeps me sharp.


 **actionmanmatt**  
mattactonfit.com



### CABLE CROSSOVER


Position yourself so you're standing between two upper cable pulleys with D-ring attachments. Grab each handle and stand so your arms are stretched out to your sides. Stick your chest out, tighten your waist, and squeeze each handle as tightly as you can. While keeping your arms straight, bring the handles in so they move forward and meet each other in front of your stomach. Your palms should face each other at this point. Slowly allow the handles back up until you return to the starting position.

### TAKE ALL OF THE ABOVE

One look at the classic physiques of Arnold or Mentzer and you can see that both arguments hold up. Instead of trying to determine if one is better than the other, why not take advantage of the benefits of both styles to create the physique of your dreams? That's exactly what this chest program offers. What follows is a 10-week protocol that will alternate between high volume and HIT. You will learn the differences and, more importantly, feel the differences for yourself so you can decide if you respond better to one or the other. There is a good possibility that you will get something from both styles and continue to follow similar programs for other body parts. You shouldn't have to make an A or B decision when it comes to high-volume or high-intensity training. Instead, make a C decision, which is all of the above. Toggling between volume and intensity can help you maximise the development of your pecs with this program and your entire physique if you choose to apply this strategy with the other muscle groups. This will also keep your program fresh and interesting, which means fewer plateaus and more gains. 

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# GET AWESOME



By Daniel Hodges

As the advertising campaign promised, Arnold WAS there — and so we were we. And, judging by the attendance numbers, a lot of you were too.

**W**hat was only an unconfirmed rumor 18 months ago became real when March 13-15. But it didn't come without a hell of a lot of effort and support from the bodybuilding and fitness community, most notably the man who made it all happen, Terry Doherty, and his team. You should never bet against TD, no matter how big a challenge he's set for himself. Dexter Jackson backed up his performance in Columbus the week before, where he made history by being the first man to win the Arnold Classic, and won the inaugural Aussie Arnold, despite having only landed in Melbourne the evening of the show. Doherty's and Arnold's, originally from Pakistan, caused a

sensation when he won the Over-190 kg, overall and IFBB pro card on the Sunday afternoon and experienced international media attention. And it wasn't just about bodybuilding. Like its US counterpart, the Arnold Classic Australia was a true multi-sport festival, featuring a golf tournament, powerlifting, strongman — Eddie Hall broke the deadlift world record at the event — and one of the biggest martial arts festivals Australia has ever seen, bringing together eight different styles, which greatly impressed Arnold himself when he made his way through the martial arts area. Australian Iron Man and our Blitz Publications stable had a very active booth, with both bodybuilding

and martial arts collections making appearances. Iron Man had Colin van Megen, Amanda Doherty, Sunny Brown, Melissa Le Man and Milos Sarev all taking time out of their busy schedules to meet the fans, sign autographs and pose for photos. We continue to be super grateful to these awesome folks.

So the inaugural Arnold Classic Australia was a resounding success from all perspectives. The following pages, covering both the pro and amateur bodybuilding shows — as well as our Hot Shots gallery on page 146 — aim to give our readers just some idea of the excitement of the event. But there's still nothing like being there. So next year, we'll be there. Arnold will be there... Will you?



Dexter Jackson and British Lion go head to head.



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# 5 Things You Can Learn From Olympic Weightlifting

By Robert Kabbas  
Images courtesy of Robert Kabbas

No training system is an island — and that goes double for bodybuilding. By looking to other sports and training styles, we can improve our fitness, our strength and our physiques. These five concepts from Olympic weightlifting have something to teach bodybuilders.

My background is Olympic weightlifting. While in many ways it differs from bodybuilding and powerlifting, there are many common threads that run through the fabric of the three sports and we can all relate to the many hours spent pushing weights in the gym.

## Sound planning

In order to make progress, you need to put in place a sound plan. Include identifiable, achievable but challenging goals, both long term and short term. Incorporate a number of phases or cycles during the year,

varying tonnage and intensity. Your weekly routine should also be planned methodically. You can't improve by doing whatever you want, whenever you want.

The plan must be based on a sound training philosophy and the most important factor in shaping this philosophy is common sense. A common mistake made by many athletes is to blindly follow the training systems of established champions. While there's plenty to learn from studying the way others train, exact duplication hardly ever works. As the old saying goes, "One man's meat is another man's poison."

Also, I feel that by copying others you are in a way acknowledging their superiority. It's OK to admire and respect champions but you must also believe in your own ability.

## Consistency

This applies to how you train as well as how often you train. Use proper technique every single time you lift. Olympic weightlifting is a repetitive sport where we constantly work at perfecting technique through a consistent routine and absolute concentration. Don't skip exercises or training days. No plan will work if you don't stick to it and you will not gain maximum benefit from any exercise that's done half-heartedly or haphazardly.

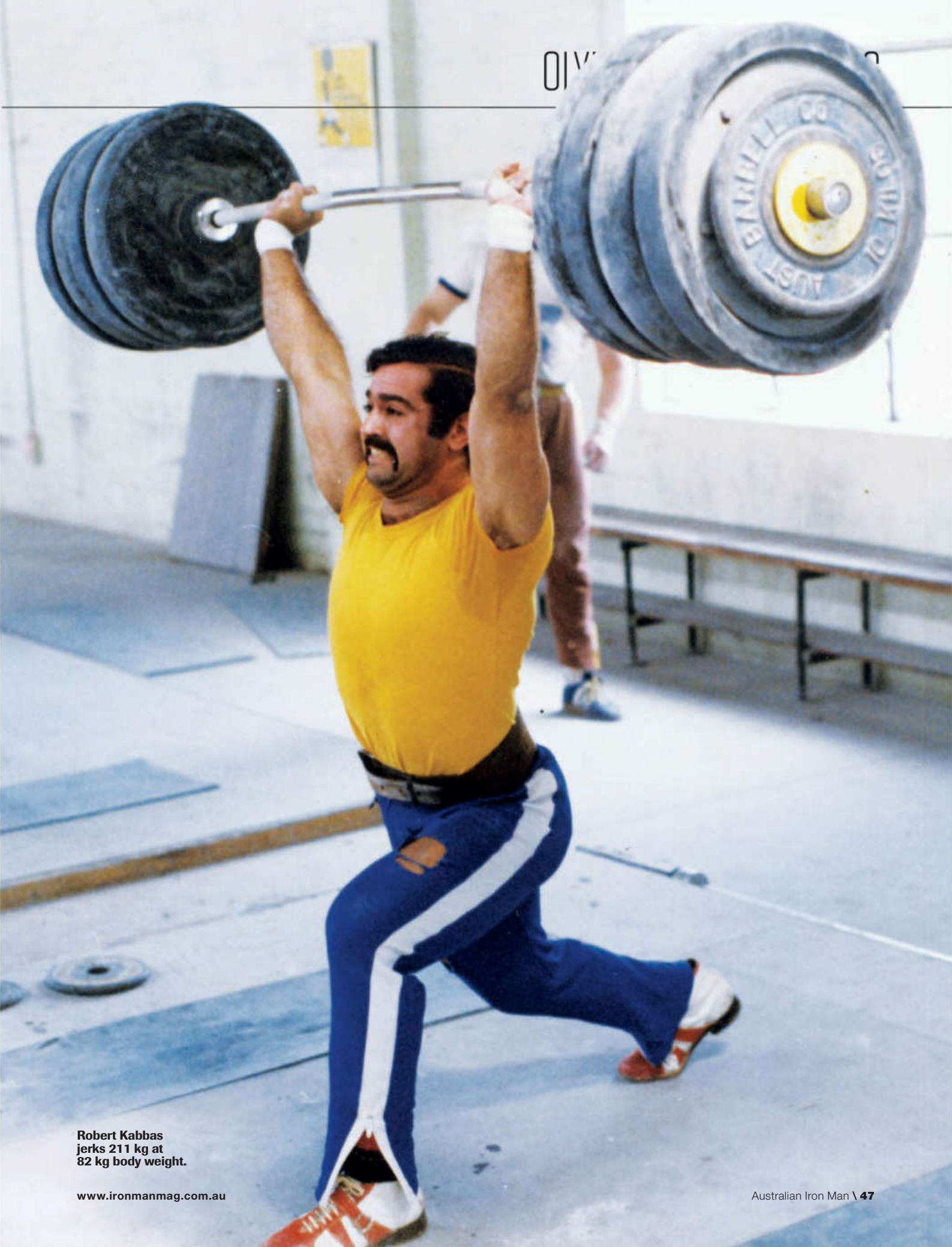
## Technique

Learn technique from an experienced coach, not from YouTube or a mate who's done some weight training. Not only will proper technique maximise results, it will minimise the likelihood of injury and the associated pain, cost and loss of training time. Don't make



Robert in his role as a coach at the 2014 Australian Championships.





014

**Robert Kabbas**  
jerks 211 kg at  
82 kg body weight.



the mistake of thinking that once you've done an exercise efficiently for a few months that you've learned it for life. Technique is a flighty thing and if you don't work at it religiously, you'll find that somewhere along the line, you've lost it.

### Work on your weaknesses

Aim for all-round development. This means identifying and working on your weaknesses. You will find that as one weakness is overcome, another will surface. Early in my career, I had trouble pulling weights to my shoulders in the clean and jerk. My coach geared our training to include more pulling movements, doing as many as 15 sets on some exercises. I was then able to pull so much more

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### Don't be afraid to alter your training occasionally, providing it's done sensibly and with a clear objective in mind.

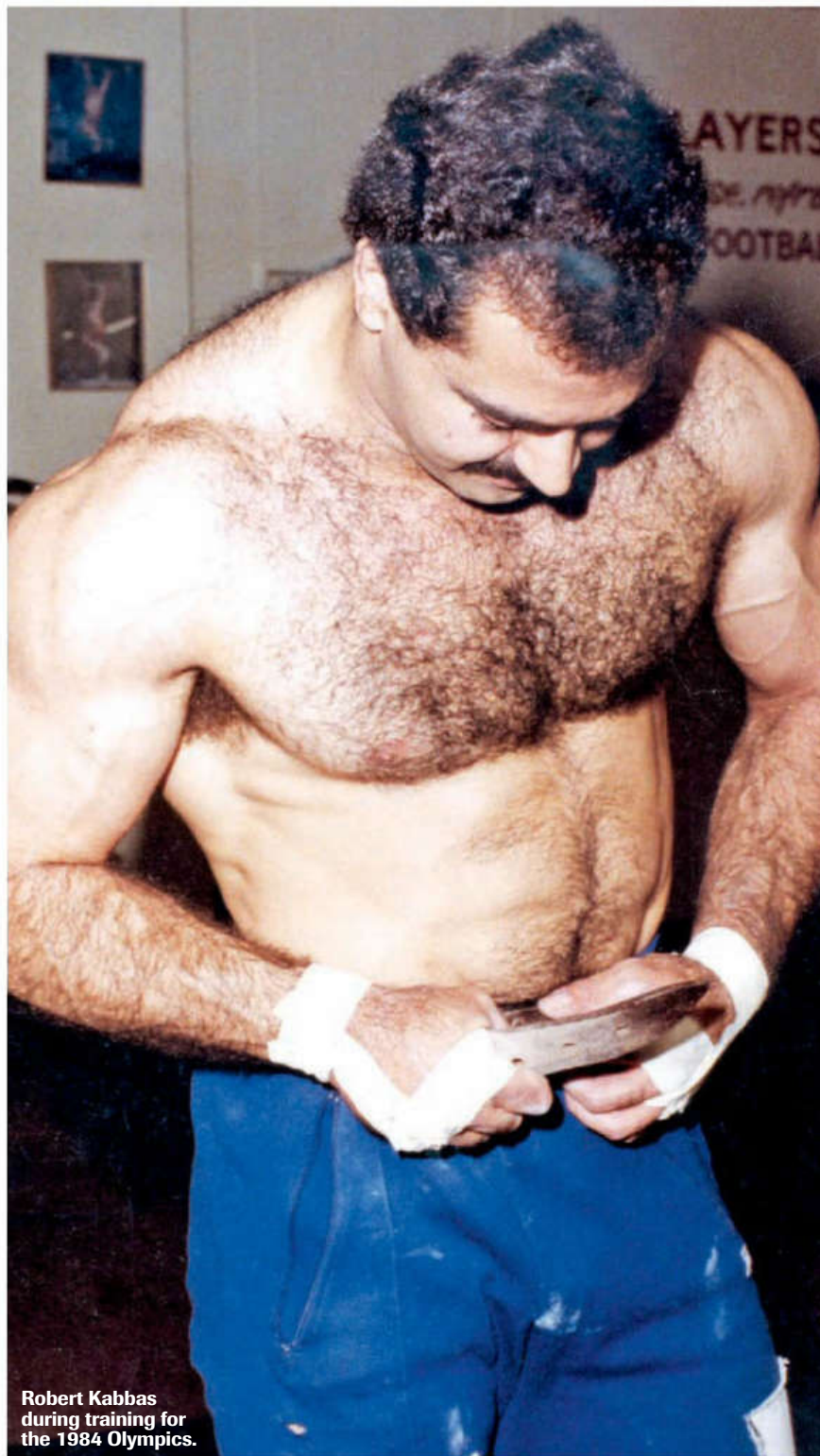
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weight to my shoulders that another problem arose — I wasn't able to rise out of the squat position. Naturally, training emphasis then switched to increasing leg strength. Parallels can be drawn to this with just about any other sport. Don't be afraid to alter your training occasionally, providing it's done sensibly and with a clear objective in mind — which leads to number five: creativity.

### Creativity

A nice quote to finish with is from Vasily Alexeev (USSR), who won two Olympic gold medals, seven world titles and set 80 world records in the superheavyweight category — the most by any sportsman:

"I yearned to be the top and achieved my ambition. It depends, you see, not so much on strength and talent, as on a sensible attitude to training. Learn to think independently, ask yourself what you should do, and why. If you do not think, you will never be creative, and you cannot make progress in sport if you are not creative." 



**Robert Kabbas**  
during training for  
the 1984 Olympics.

Robert Kabbas is a retired Olympic weightlifter who represented Australia at three Olympic Games, winning silver, and three Commonwealth Games, where he won both gold and silver medals. He was the first of only two Australian weightlifters to compete at three Olympics. At the Edmonton Commonwealth Games in 1978, he was the best lifter across all weight classes while at the Los Angeles Olympics in 1984, he set a Commonwealth record and hit a personal best of 342.5 kg. Between 2007 and 2011, Robert was president of the Australian Weightlifting Federation and is now a highly-respected Olympic lifting coach. For the past 12 years he has coached at the Phoenix Weightlifting Club, one of the top three clubs in Australia.

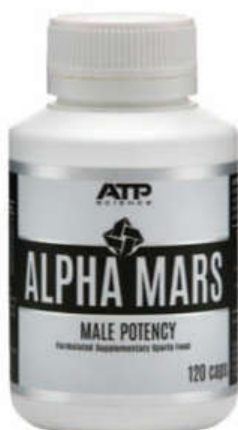




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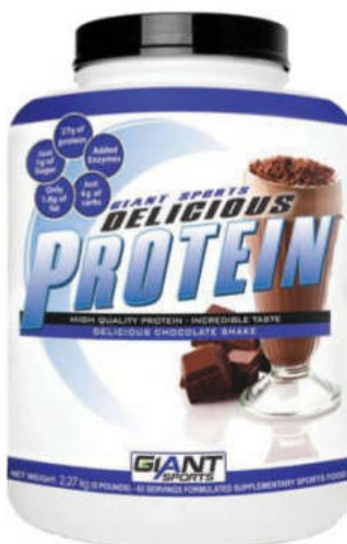
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# ANTON ANTIPOV

This Belarus-born phenom is carving his own unique path through the ranks of the IFBB Men's Physique division.

By Mike Carlson • Photography by Jason Ellis

“**S**till waters run deep” is a Latin proverb from hundreds of years ago, but it could have been written to describe IFBB Physique Pro Anton Antipov. The 32-year-old, who was born in Belarus and moved to New York when he was 13, has crafted a body that screams for attention — he’s won four pro shows and took third place at the 2015 Arnold Sports Festival — but the introspective and cerebral Antipov is far from the archetypal Men’s Physique competitor.

Antipov has a talent for cutting through the superficial and finding the core of the matter. He feels that his health is the foundation for his physique and that his development as a person is inextricably tied to his progress as a competitor. His reading habits lean toward books on spirituality or biographies of old-school bodybuilders, tomes that allow him to glean lessons he can apply to his own life. While the community of Physique competitors is shifting to an über-social team dynamic, Antipov is the rare breed who prefers solitude.





## ANTON ANTIPOV

"I've trained with other Physique athletes, but I feel like I can't relate to a lot of the other guys in the industry. I like my own thing," he says in near-perfect English, with almost no hint of an accent. "A lot of the guys are all about networking. When guys ask to train with you, it's more about taking photos and posting them to Instagram than getting to know each other's training regimen."

Another way Antipov veers from his peers is the way he chases the dollar — or, rather, the way he doesn't. The brass ring of financial stability for many Physique pros is to develop a base of online clients to train, spend a few hours a day writing programs and watch the money roll in. But despite a global demand for his services, Antipov refuses to train clients unless they're in the gym with him. He has similar feelings about social media, limiting his posts and photos to off-days and post-workout.

"I am not a greedy guy. I can get by with just enough and I'm good. I am so much happier that way," he says. "I want to make just enough money that I'm happy and my fiancée [IFBB Bikini Pro Anna Starodubtseva] is happy and I can support her. I don't need much else. I'm high on life."

### **Iron Man: You emigrated from Belarus to the US when you were 13. Was it difficult to adapt to American culture as a teenager?**

**Anton Antipov:** I guess it wasn't as difficult as some people would think. There was some delay translating my grades, and I had to wait a little bit before I entered school, so I learned English by watching cartoons. As far as adapting to society and meeting kids, I made it work. I was always a very outgoing kid. I started knocking on doors to see if kids wanted to play hockey in the street, because I had played hockey in Belarus. If I were not so social, it would have been more challenging.

### **IM: What was the biggest difference you noticed between the two cultures?**

**AA:** In Belarus, gym class was a lot more demanding. Here, gym class is like, "Go throw this ball around." In Belarus, you actually could fail a gym class. Every day we would run track and do gymnastic drills. Teachers actually made sure you were getting a



**Name:** Anton Antipov

**Age:** 32

**Height:** 5'11"

**Weight:** 192 lbs (87 kg)

**Born:** Belarus

**Currently resides:**

New York City

**Favourite cheat meal:**

Hamburger and sweet potato fries

**Favourite clean meal:**

I've been having the same breakfast shake for two years — I blend a scoop of Nutrex Muscle Infusion protein powder with water, a banana, and a cup of oatmeal

**Sponsors:** Nutrex Research, ICON Meals, Gym Aesthetics Clothing


**Twitter:** @maiseu

**Instagram:** @maiseu

**Facebook:** antonantipovofficial







"I AM AN IMMIGRANT  
AT HEART. I KNOW HOW  
TO WORK FOR THINGS.  
I DON'T LIKE THINGS TO  
BE HANDED TO ME."

Better Bodies

## ANTON ANTIPOV

good physical education and you stayed athletic and flexible. Here, it's like you have an hour to hang out.

**IM: What kind of impact did that type of dual upbringing have on you?**

**AA:** I am an immigrant at heart. I know how to work for things. I don't like things to be handed to me. But growing up here has also taught me to be more open-minded, and that applies to my training. I'm always willing to learn new things and learn how to make myself better as a person and as a trainer. I apply all that stuff from my growing up to my training, and I think that is what makes me different than the other Physique competitors.

**IM: When you got your start in 2012, you competed in 13 shows in one year. How did you make that work?**

**AA:** I knew I was going to spend money traveling and eating the food I needed to eat to maintain my physique, so I took on more bartending shifts. I was working Thursday, Friday, Saturday, and Sunday. I would apply tanner on Friday and then come into work and bartend my shift. In New York, bars close at four a.m., and by the time you clean up and get your money it's six a.m. Shows were on Saturday and check-in was at eight a.m. I'd go to pre-judging and then I would sleep on a park bench or wherever I could. The shows would be in New Jersey or Connecticut, and I didn't have anywhere to go. After that, I would go to the finals and then make it back to the bar for my next shift, which started at 10 p.m., and I would still be covered in tanner and oil. I won three overalls that way! It gets me when people say, "I didn't do well because I missed a meal." You guys are a bunch of sissies!

**IM: That might work in the amateurs, but you also did nine pro shows in 2014. How are you able to peak on that kind of schedule?**

**AA:** I feel like I got my body to a point for so long where my body fat stays at bay and I'm fairly muscular that it's now my body's default state. It's kind of like forming a habit. It's something you do that is hard to break. That's how I look at my body. Also, I signed with a modelling agency, so I don't have an off-season. I don't gain muscle as quickly as some of the guys, but I also don't lose my abs



**"I DON'T GAIN MUSCLE AS QUICKLY AS SOME OF THE GUYS, BUT I ALSO DON'T LOSE MY ABS OR MUCH OF MY CONDITIONING BETWEEN SHOWS. MY BODY FAT STAYS AT ABOUT FIVE PER CENT YEAR-ROUND."**

or much of my conditioning between shows. My body fat stays at about five per cent year-round.

**IM: How do you stay so lean all year-round?**

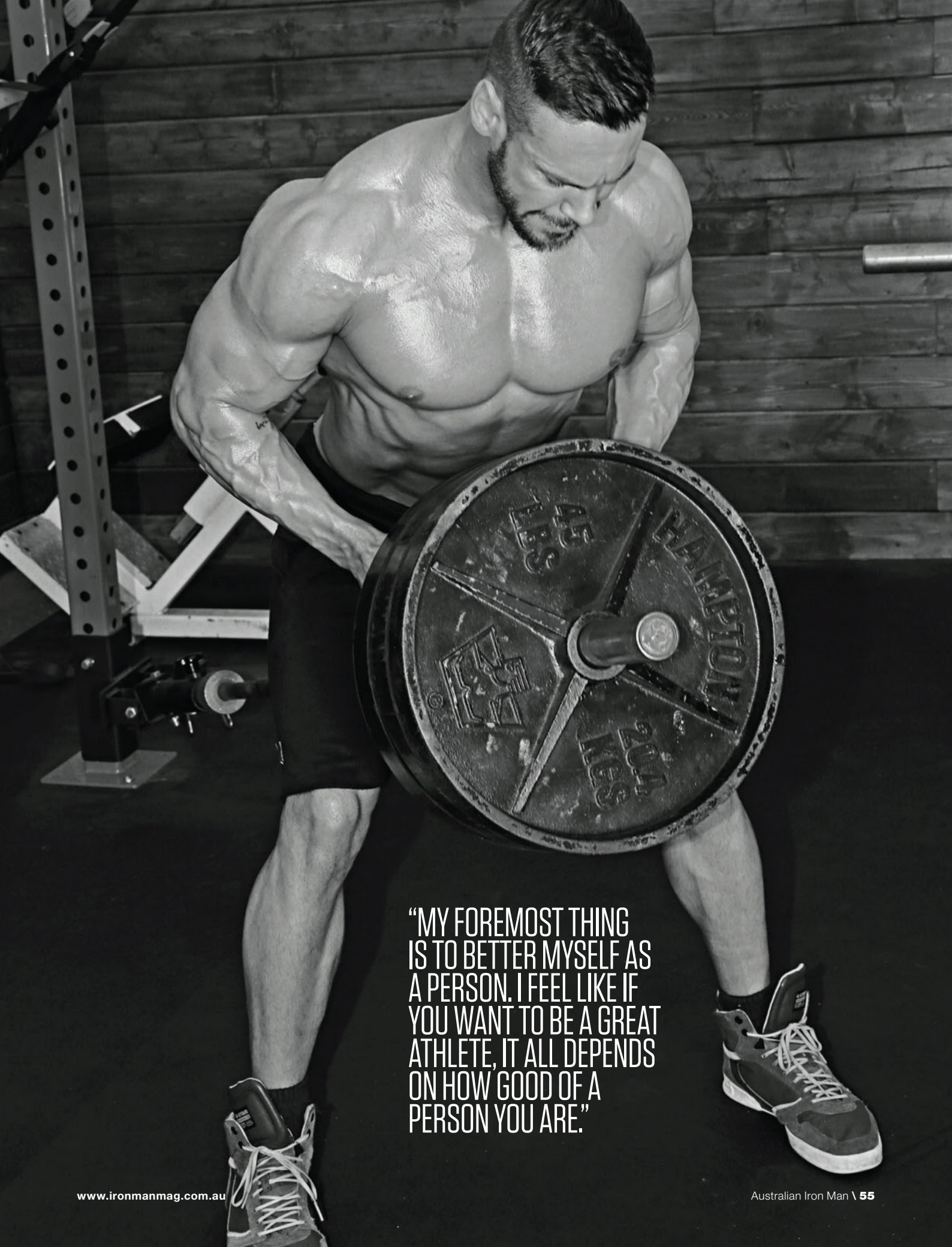
**AA:** My diet is very simple. You know when you're cooking a chicken breast and you cook it and then you add the salt and the sauce and the breadcrumbs or whatever? I take that process out. I don't add anything else to it. Honestly, I have numbed my senses as far as food goes. I don't even look at food like breakfast, lunch or dinner. It's meal one through eight. After meal eight I go to bed. I eat

very lean. I don't care about what kind of food I eat as long as I get it in.

**IM: Do you track your macros or count calories?**

**AA:** I don't count meals. I don't count my calories or my carbs. I approximate because I know that I can never overeat. I have a terrible appetite, and I'm so active all the time. I live in New York City, so I walk everywhere. I might walk five to six miles (8–9 km) a day. The amount of walking I do is one way I stay lean. Six or seven meals goes to all that energy, which is why I have a hard time gaining muscle. I get a lot of activity and not enough food.





"MY FOREMOST THING  
IS TO BETTER MYSELF AS  
A PERSON. I FEEL LIKE IF  
YOU WANT TO BE A GREAT  
ATHLETE, IT ALL DEPENDS  
ON HOW GOOD OF A  
PERSON YOU ARE."

## ANTON ANTIPOV

**IM: It's hard to believe that gaining muscle is difficult for you.**

**AA:** I have always been self-conscious about my size. I was always the smaller kid in class. I was always skinny. I'd have one meal and then spend all day running around or playing basketball. I could never get anywhere as far as bodybuilding goes. I started weightlifting at about 145 pounds (66 kg) and after 12 years or so I got to 205 pounds (93 kg).

**IM: What kind of supplements do you take?**

**AA:** I like my pre-workout. I like BCAAs before and after and as an intra-workout. The rest of the supplements I take are for health: multivitamin, minerals, superfoods, fish oil, CLA, vitamin D.

**IM: How do the green superfoods help you?**

**AA:** I feel like spirulina and chlorella help with my energy levels. I'll be the guy at the show who is happy and smiling. I'm not drained and depleted. I've been taking them for three to four years, and I think a lot more people could benefit from that.

**IM: Tell me about your training.**

**AA:** My workouts are very innovative. If today is Monday, that doesn't mean I'm going to train chest. Your body doesn't know that it's Monday. It all depends on how much stress you put on your body. And you want to put your weaker muscle groups first and train them more often and give them more time to recover.

My shoulders are overpowering my physique right now, so I can afford to skip training them. I might do legs on a day where I would usually do shoulders. I can skip arms if I need to bring out my back more. The order of exercises always changes. One day might be more of a machine day, and the other day will be more free weights. Some things that are always there are slow reps, time under tension, and max contraction. I always contract the muscle for about a full second.

**IM: What's your training style like?**

**AA:** I used to be really intense. I'd put on loud music, take a pre-workout and just go smash. But I had an injury where I put too much weight on a





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ANTON ANTIPOV





T-bar row and I slipped two discs in my back. For the first couple weeks I could barely get out of bed. That was from ego lifting. I was chasing a number and trying to add more weight. Now I train very calmly. I don't make a sound. I put the dumbbells down in a controlled manner. The aggression is still there, but it's more internal.

**"NOW I TRAIN VERY CALMLY. I DON'T MAKE A SOUND. I PUT THE DUMBBELLS DOWN IN A CONTROLLED MANNER. THE AGGRESSION IS STILL THERE, BUT IT'S MORE INTERNAL."**

**IM: You don't have a coach or a team or even a regular training partner, which is uncommon for a Physique competitor. Why is that?**

**AA:** When I meet other people in the industry, it seems that I can't relate to them because I think differently. A lot of it is that people who constantly talk about the same things: They talk about other people, they talk about things they don't have rather than focusing on things they do have. I don't want to hear about what's going on in other people's lives, especially if it isn't my business. My foremost thing is to better myself as a person. I feel like if you want to be a great athlete, it all depends on how good of a person you are. So yeah, I keep it to myself pretty much. I have my friends and my family, and I have people who support me.

**IM: What's your approach to social media?**


**AA:** I try to keep everything very organic on social media. I try not to have any kind of veil over the info that I provide. I want to be as clear as possible. There are no hidden intentions behind it. I don't make posts based on money. I don't get paid for social media. I've never bought likes or comments. I don't do shares of other people's pages so that they share



mine. If you follow me, you follow me for a reason. Otherwise, I don't have a problem if you don't follow me.

**IM: You sound like you have a love/hate relationship with social media?**

**AA:** Social media is great when the time is right. I'm a sponsored athlete,

so my sponsors want to see me use a product or wear a shirt with their logo. If I need to take a picture, I'll take it at the beginning or end of my session. But I'm not going to do that throughout my actual working sets. I want to be respected as an athlete, not as a social media icon. 

# Pro Supplements

By Thomas DeLauer

## What pills and powders do you take when your body is your business?

For someone new to the fitness industry, supplements can be an intimidating topic. We are flooded with conflicting statements about which supplements are good for you, which ones might be bad, and which ones are total junk. One day you feel like you should be taking everything, and the next day you might feel like they are all worthless. It's actually quite paralyzing for someone who doesn't know how to navigate through the jungle of information.

Over time, the idea of supplements becomes less daunting, especially after you realise that they're not drugs or replacements for healthy meals, but rather just as the name states: 'supplements' to a good diet. As basic as it sounds, this is the realisation

that I had years ago that helped me to realise that in moderation, most all supplements are perfectly safe for most people. And there are a few that are absolutely critical to the success of your health and fitness goals.

So what kind of supplements do I use to maintain my look year-round, and what can you use to achieve the look that you want? The first rule would be to take supplements that most help protect muscle tissue. All of us have to remember that muscle is metabolically expensive to maintain. What I mean by this is, whether you are a man or woman, your body does not want to hold onto large amounts of muscle. Simply put, fat tissue is more calorically dense than muscle, so if you were starving, fat is more valuable to your survival. That's why

your body innately desires to preserve body fat over muscle tissue. This is where the strategic use of supplements can be absolutely pivotal.

### **Branched-Chain Amino Acids:**

BCAAs are one of the most crucial building blocks to developing and keeping a muscular physique. Not only are they one of the main signallers of post-training protein synthesis, BCAA supplements provide your body with a readily accessible source of amino acids to be used for fuel. In case you didn't know, your muscles are ultimately made up of amino acids that your body can use for energy in the absence of glucose (a common occurrence on no- or low-carb diets.) So providing your muscles with a steady flow of amino acids means that it doesn't have to pull them out of your muscles. Another upside to BCAAs is that it is almost impossible to overdo them. I more or less sip on BCAAs all day long.

**Glutamine:** The other supplement that you cannot get enough of, in my opinion, is glutamine. Glutamine is the most common amino acid found in your muscles, but it is also the most depleted when dieting and training hard. Much like BCAAs, I sip on glutamine throughout the day. As a matter of fact, it has become a go-to for me when I'm getting hungry, as I treat myself to a well-flavoured glutamine drink. This is a great trick to adopt because glutamine has one of the most anti-catabolic (muscle-sparing) effects on the human body. In addition, I suffer from an inflammatory intestinal disorder and I find amazing benefit in taking glutamine to help curb intestinal pain. When we train hard and deplete glutamine, it can actually be hard on the stomach and intestines, so supplementing with glutamine can help regenerate the gut, therefore contributing to better digestive health and better nutrient absorption.

**Protein powder:** This is the supplement that I probably get asked about the most. It gets tricky because



Begojic / Model: Thomas DeLauer



There are many other vitamins and supplements that I take and would recommend. A good fish-oil supplement and other supportive nutrients like vitamin D3 are important to maintaining healthy brain function.

Begovic / Model: Thomas DeLauer


there are so many different protein powders these days, but I have always been a huge advocate for whey protein isolate. First and foremost, I'm lactose intolerant, and the filtration process whey protein isolate goes through removes almost all of the lactose. This means that I can get in my protein without the bloated gut and indigestion (I know I'm not the only one who feels this way). Secondly, whey protein isolate is easily absorbed. In the process of creating whey protein isolate, the highest-quality protein-rich components are extracted from the whey. This leaves you with an easily digestible protein that also provides a small spike in insulin (this can help you absorb more amino acids but without taking a big hit of carbs).

#### Natural testosterone boosters:

Lastly, I want to address a category that I feel gets a bad rap. People hear the word 'testosterone' and they automatically assume the worst. The fact is, testosterone is critical to the healthy function of many organs, let alone muscle tissue. This is true for men and women. There are so many environmental factors now that are reducing the testosterone levels of men and women that I feel taking a trusted testosterone support or mild booster can provide serious benefit to the athlete and the health-conscious alike.

There are many other vitamins and supplements that I take and would recommend. A good fish-oil supplement and other supportive nutrients like vitamin D3 are important to maintaining

healthy brain function. Sometimes it's easy to forget that our bodies can't do much without our brains!

So get out there, continue to train hard, and treat your supplements as an important part of your training and diet protocol that leads you to success. 



Thomas DeLauer is an accomplished fitness cover model who has devoted himself to living an active and healthy lifestyle without sacrificing the fun and excitement of life. Although he has the body to show some serious time in the gym, he embraces every day to its fullest, using a fit body and a fit mind to achieve his goals and experience new things. DeLauer lives by what he says: "I don't live to work out, I work out to live."

Facebook.com/ThomasDeLauerMP  
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Eric WanWright

# BIGGER & BETTER

A close-up photograph of a person's arm lifting a barbell. The person is wearing a black wristband. The background is a blurred gym setting with various pieces of equipment.

**7** strategies to instantly go from  
ordinary to outstanding





Why do you train? Why do you continually educate yourself and stay dedicated to the lifestyle? Is it because you have goals, and you want to keep striving for physical improvements? That is a great goal to have. But is what you are doing enough? Have you pushed yourself outside your comfort zone enough to achieve the goals you really want to achieve?

By Josh Dickinson

**T**he problem is, you will only ever grow as big as you think. To me, the process of thinking BIGGER is exactly as you envision: to advance in *all* directions. To achieve the goals you have set for yourself and more in the fastest possible timeframe.

Over the next 30 days, I encourage you to think bigger and push yourself beyond your comfort zone. In order to think and achieve bigger, I have broken the process down into seven easy steps for you. Think of them as your 'blueprint for success'!

# BIGGER AND BETTER

## 1 Dream BIGGER

All of your physical achievements will come from a manifestation of your mindset. In other words, have you determined a goal for yourself? Even if you go into the gym and train daily, you won't just magically end up with a Mr. Australia-quality physique.

The human mind is rather complex, and we achieve a result via two actions. First, we mentally conceive the idea. Then, we apply 'action' to achieve the result. Progress won't just happen by accident.

So what do you want to achieve? Using the SMART goal establishment system, dream bigger and decide what you want to work towards. Is it more muscular size, a ripped six-pack or a 200 kg bench press? Once you have created your vision, we can work on your plan.

Here is an example you can use:

**S Specific:** To put on five kilos of muscle.

**M Measurable:** I'm currently sitting at 72 kg.

**A Achievable:** By training hard in the gym four times a week.

**R Realistic:** This fits in with my job and home life.

**T Timeframe:** To be achieved within the next 12 months.

## 2 Plan BIGGER

Your plan is simply the physical action upon your vision. If your goal is for more muscle — how? This is where you set to work creating your program variables to deliver that end result. Number of days per week, training variables, workout splits; these are all created here.

The problem with not setting goals that push you outside of your comfort zone is that you will always be training with reserves. You might think you are training at 100 per cent but you will always have something extra to give.

If you have ever set a goal that makes you anxious, you know from past experience that you instantly become more motivated and train harder. Your intensity will increase, you will aim for the extra weight in every training session and you will find new ways to raise your accountability.

That's BIGGER planning!

## 3 Train BIGGER

To train bigger doesn't just mean to train heavier or harder or longer; it is the very concept of training: to be BETTER!

Albumartum/Scott Webb



I've trained for more than 20 years, and I have always been a 'bodybuilder'. I have remained fairly athletic and am able to do other things, but my primary goal has been bodybuilding. I train for size, shape, proportion, symmetry and overall balance. And though I pride myself on being pretty strong, strength hasn't been my goal.

But I know that if I changed my focus, and decided to get into powerlifting, for instance, then my view on training would need to change. I would enter the gym with a different purpose. My programming would be different, my application and essentially a whole new iron world would await. That would first be possible by setting a new goal, belief, planning and applied application.

## 4 Eat BIGGER

The concept is the same for nutrition. To eat bigger doesn't necessarily mean to eat more; it means to eat for purpose, in a goal-oriented direction. You can't create something from nothing.

To use my previous example, though metabolically I would have the same body, a different goal may require a slightly different plan. Training for the ultimate combination of size, shape and condition would call upon different requirements than if I was training for ultimate strength and recovery, with no concern about body weight. Or, if I was involved within a sport

with set weight classes, I may need to maximise my efforts while coming in at a certain target.

Eating bigger means manipulation of nutrition to achieve a set goal.

## 5 Recover BIGGER

Remember that training is the trigger and nutrition is the fuel — but we still need the recovery. You may feel invincible when you survive on five hours of sleep per night, but ask yourself: "Is that the best way to optimise my results?"

We all have different requirements and demands for our time, from the type of work we do to various social commitments. The fact is, each will have either a positive or a negative effect on our ability to recover and maximise our results from the gym.

Use your time in the kitchen — and in the sack — just as wisely as you do in the gym.

## 6 Habit BIGGER

What I want to emphasise here is what we are really doing. No matter what your actual goal is, you are trying to achieve *something*. The only chance you have to achieve something that is positive, sustainable and holistic is if you change your habits.

If your goal is to gain more muscle, then you need to look into your past. If you have an extensive training history, then why were you not achieving your goal previously?





Once you have created your vision, you can work on your plan.



If you don't push yourself out of your comfort zone, you will never be training at your full potential.

Albumartium / A&A Photography



You may feel invincible when you survive on five hours of sleep per night, but ask yourself: "Is that the best way to optimise my results?"

What was it that you were doing wrong, that needed to be corrected?

Maybe it was your training, nutrition, recovery or a combination. Or maybe you didn't stretch your goals enough and spent too much time dancing around in your comfort zone.

Once you have established your previous habit, you can get to work on your *new* habit. I know you will push pretty hard over the next 30 days...but what will happen on day 31? Like me, I know you won't be investing a second's worth of effort only to lose it at the end.

So, what strategies are you putting into place now to ensure that doesn't happen?

Answer: It doesn't have to involve training volume. Actually, it does — but it's a matter on focusing on *what* you can do, not what not you can't do.

For example, if you can't sustain a five-day-a-week program, then why try for the next 30 days? It will only bring you undone. But if you can do three days, then maybe this is something we need to explore. You are better off following a three-day split and being consistent than

attempting a five-day split and missing several sessions a week.

Focusing on **LESS** to achieve **MORE** will give us more chance to make it a long-term habit.

## 7 Achieve BIGGER

The last piece of the puzzle is: do you have a mindset that will accept success?

I have known many self-sabotagers in the past; maybe you are one too. I am not afraid to admit that I can possess those qualities.

Think about it: your nutrition is going fantastically well. You are enjoying your meal choices, you are making progress in the gym, your physique is changing rapidly and you tell yourself, "I deserve a cheat meal."

You then proceed to smash a family pizza, a box of ice creams and a bottle of soft drink. You justify that it's for a job well done and that no damage has been done, that one or two bad meals won't hold you back.


Unfortunately, it will.

Instead, wouldn't it make sense, if you are working hard towards your goal, and you are achieving success, that you reward yourself with *more* of what you have been doing, so you can get more of what you want? That makes perfect sense to me, and *only* makes sense if you are in a mindset of *accepting* results!

A lot of this stems from self-belief and self-worth. Do you feel worthy of success, that you deserve it? Do you *believe* that you can achieve it, that you can have that magazine-quality physique that you aspire to? Or do you think you will trip up before you get there?

You know you are worth it. It's why I challenged you at the start — to push yourself out of your comfort zone for success! To dream, plan, train, eat, recover, habit and achieve.

Are you happy with your rate of progress? Have you settled for where you are at now? Or are you striving for more? Do you still have bigger goals that are slightly out of reach, lying awake at night, not sure how to make the next step forward?

Decide NOW! 

Josh Dickinson is a certified body transformation specialist, competitor and founder of [www.physique-essentials.com](http://www.physique-essentials.com). You can learn more about realising your full athletic potential in his new e-book, *Ordinary to Outstanding: How to unleash your inner athlete*. It's available by free download at [www.physique-essentials.com/be-outstanding](http://www.physique-essentials.com/be-outstanding).



# LADIES' DAY OUT

BAMAN  
MALECI

By Vance Ang  
Photography by Gary Phillips



Amelia Talbot.



Katie Jean.



Figure Novice.



Figure First-Timers.



Open Figure.

Since its inception in 2014, Amanda Doherty's All Female Classic has gained considerable traction within the competitive landscape and the 2015 rendition illustrated not only its popularity but overall importance on the circuit. With a running time of just four hours, this Arnold Classic Australia qualifying event had all the classic Doherty signatures ranging from Tony Doherty's charismatic compering to the tempo and seamlessness in the show logistics. Everything ran like clockwork and the event had an element of dazzle, from the designer haircare prizes for the winners to the glittering tiaras that each competitor received.

As an added treat, Tony conducted mini-interviews with guest champions, for what this journo calls a 'pro perspective'. These included notable guest speakers such as IFBB pro behemoth Josh Lenartowicz, IFBB Figure pro stunner Rinnah Schmidt, previous All Female Classic winner Katie Morris and IFBB pro/celebrated trainer Mike Debenham. Undoubtedly, though, the most important speaker was the woman behind the comp, the immensely popular and impressive Amanda Doherty herself.

The show commenced with Bikini, the most popular division and evidently the fastest growing. This being the IFBB, qualifying equated to an overall high standard; no competitor was deficient in any way — a delight to the audience but a challenge for the judges. Even head judge Michael Buna commented that the quality was such it was "making the judges' job difficult".

This was certainly the case with the Bikini First Timers, with each competitor bringing something unique to the stage. Dijana Vasiljevic's killer smile and balanced upper body seemed to hit a high note with the judges and audience very early on. Amy Magnisalis was more muscular and might have fared better in Figure, while Jaz Correll's sleek lines were a highlight in the first division. Dijana managed to clinch first place, with Amy in second and Jaz in third.

The Bikini Junior and Masters divisions presented two contrasting generations, showing that age is no barrier in this sport. The Jennifer Aniston-esque Char Thomson proudly took out first place in the Junior division ahead of Jenna Makarenko and Whitney Parer.

## AMANDA DOHERTY CLASSIC

Meanwhile, in the Bikini Masters, Angie Moore's streamlined upper body made her the clear winner; Jodee Morgan placed second and Lara Warren third.

Bikini Novice was dominated by Katie Jean, who seemed to channel the great Ashley Kaltwasser; decked out in a purple bikini, Katie was flawless in her presentation. A vibrant Lisa Falzon took second, a cute and tattooed Sustaine Lee took third, while a competent Stevie Blom placed fourth. It must be said that, in my opinion, Laurel Downes deserved to place higher, as she was clearly the most confident on stage and without question is a star on the rise.

In the Open Class, Amelia Talbot was defined and possessed an unsurpassed degree of poise and class. She clinched her first place above Yvette Latham and Jade Dodds, in second and third place respectively.

The sole Fitness entrant proved that there was interest in a division where an athletic physique is matched with intricate choreography. We were presented with a graceful routine by Alysha Cliff, who herself has transitioned from Figure to Fitness.

The Figure First Timers division presented some notable upcoming stars in a trio of aspiring athletes: Amy Rowe's upper body was second to none with the development in her shoulders and back especially aesthetic; Ashlee Hadden presented more width in her legs, which have really drawn out a new level for a first timer; Jo Mattson made a commendable appearance with a decent set of abs and a great smile. Amy took out first place, with Ashlee in second and Jo in third.

The revelation for the Novice Division was Erika Smith, the clear winner from the outset and a win proudly predicted by this journalist. Erika matched her perfect V-taper with confident poise and boasted more width than her contemporaries. Mentored by premier specialists Dave Caruana and Helen Zahra, Erika possesses the combination of both looks and physicality that will secure her a bright future in this sport. Undoubtedly, Amy Cole and Grace Anamaris deserve kudos for their efforts, but Erika's more balanced presentation and superior physique limited their scope for a higher placing.

As the sole Figure Masters competitor, the ever-stunning and graceful Lisa Callingham shone like the star that she always is, bringing the goods to

Women's Physique.



Bikini Novice and Amanda.





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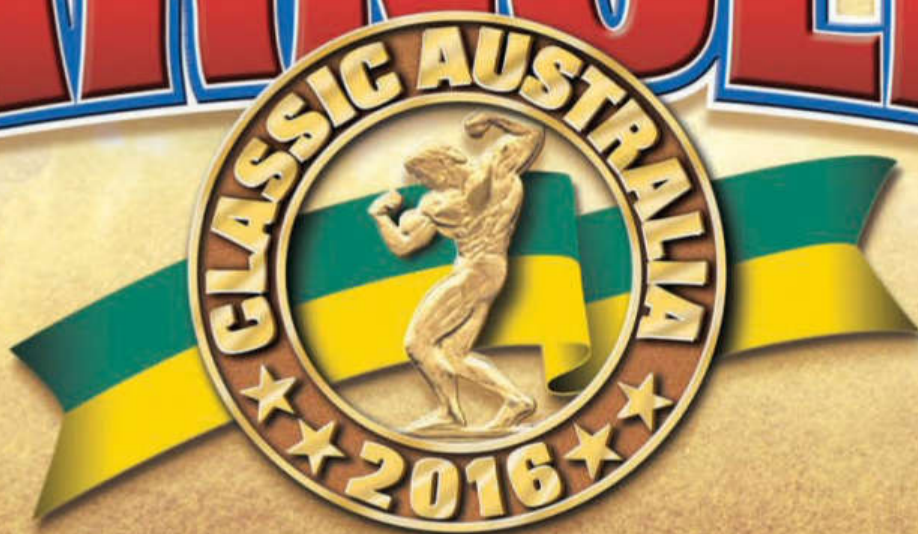
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## AMANDA DOHERTY CLASSIC

stage, presenting unmatched width and hardness, notably evident in her striated back and equally hard derriere.

The newly formed Women's Physique division, for physiques that are more muscular than the Figure and leaner (and less extreme) than bodybuilding, revealed two competitors. The amazing Renae Williams graced the stage with her infectious smile and energised routine. Natalia Burgo's thick musculature was prominently displayed in her free-flowing routine, which easily moved the crowd. Natalia took second while Renae took top prize here.

Eclectic would be the best way to describe the Open Figure division, with the audience treated to a contingent of stunning female physiques. The gorgeous Froso Luca is one of the most consistent Figure competitors in the country today; though relatively new, she poses with remarkable composure and possesses profound definition. Froso's condition appears to get better and better comp after comp. Multi-award winning champion Felicity Kutlesovski didn't disappoint with her now famous superhuman striations, not taking away from an upper body that boasts a sexy V-taper. A lighter shade of tan might have impacted on Maria Andriano's placing so everyone could better appreciate the rivets in her wide back and the amazing development in her legs. Maria has certainly come a long way from her wins in other federations and her consistency and persistence cannot be understated.

The stunning Stacey Steiner was the pleasant surprise entrant for this division. Stacey is a true rising star and her presentation at this event further elevates her brilliance. Her incredible definition, vascularity and sleekness was matched only by her pretty face. Easily the most statuesque female competitor of the day, Stacey's finely etched abdominals, sleekly defined back and perfect legs were the talk of the town (so to speak). She was the eventual winner, with Froso in second and Felicity in third.

It's events like these that not only display a greater degree of quality, but also engage the hearts and minds of women across the country. In creating this event, Amanda has opened up greater opportunities for women and is generating more interest in a sport that promotes health, wellbeing and pride. Kudos to Amanda and Tony for yet another quality event.

Bikini Masters.



Bikini Open.



Bikini Juniors.



Stacey Steiner.



Lisa Callingham.



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Bikini First-Timers.



Angie Moore.



Renee Williams.

Vance Ang with Figure Novice winner Erika Smith.





# AMANDA DOHERTY

## ON HER ALL FEMALE CLASSIC 2015

Like her famous husband Tony, Amanda Doherty is industry royalty. She is a multi-award winning IFBB Figure pro world champion, wife, mother and businesswoman, and the creator and driving force behind the All Female Classic. I was fortunate enough to interview Amanda about her event and gain further insights into this popular annual event.

By Vance Ang

**Amanda, thanks for taking time to chat with *IM* today. Firstly, can you tell me about the origins of the Amanda Doherty All Female Classic? How did it come about?**

I've always wanted to do an all-female show; I just thought that it was time, you know. Bikini has come on the scene and it's very popular now and these athletes are amazing — I see the hard work behind it. That motivated me to make a show purely for women and to make it possible for anyone to hop on stage. You don't have to be training for 10 years — or in my case 20 years — you could be working out for six months and then enter a first-timer bikini division. I just wanted to make it available to every woman; to be able to get up on stage and feel what I have felt in competing. It's an amazing experience.

**If you were to identify a mission statement of this event, what would that be?**

To inspire, to motivate and, really, it's hard to condense it to just a few words. It's kind of like a big 'ladies' day out'.

**What were the initial phases of planning like? You're a busy wife, mum and businesswoman; how did you go about putting it all together with your busy schedule?**

You're right, I've got lots of things on my plate, so that's why we have a really good team here and I'm not going to claim that I do everything for my show. Yes, Tony has the experience doing events, behind the scenes, all the bookings and everything else; for me it's coming up with ideas like the tiaras — I had to have tiaras at my show.



Roland Baile

## AMANDA DOHERTY Q&A

I was overseas and I placed in the top five and I got this tiara; it is just so special to me, not just the tiara but the moment from being on stage. It's just a beautiful touch, so I wanted to bring that to my show and let the other ladies feel what I felt.

There is a good team behind us; I come up with lots of ideas and the team all works together to make it all happen, so it's not just me.

### What was the most complex element of planning this event?

There was nothing hard about it. I think it was more just getting the word out there. I mean, there are a few other female-themed shows about; it worries me because there are coaches that say you have to be a build or certain frame of mind to compete in the IFBB, but my all-female show is grassroots, in that it is a great place to start.

I spend two whole days cooking in my kitchen, and getting friends and family to cook as well, to provide for that stage. I had one of my clients/athletes pick up Nutella doughnuts for example, not cheap local ones but the ones from the proper place. So we have a great team and I really wanted to make a warm feeling.

There are no men allowed backstage and it's an amazing ambience; the women all get along! I saw someone swapping earrings and someone else doing up someone else's top; it's a nice, big day out... there really is a sisterhood going on. I think sometimes having a man backstage can muck up the flow — you don't need that. My show is the only one where you have special tiaras and homemade cooking for the athletes. I want it to have 'a woman's touch'.

### I've commented in my coverage that your event has gained incredible market traction and it's only the second show. Why do you think it's become so popular?

This is only the second year running; the first year we did really well. In competitor numbers, this year was good too — I was really happy with the numbers. Probably it'll build up more and it will get around that it is a great show to do and has a good feel about it. It is a celebration of women, training, health and fitness more than anything else.

Also, I think it's because I always practise what I preach; I think I stick my neck out to be social via things like social media, to be right out there.



Roland Balk



Roland Balk

Amanda at the Arnold Classic in Columbus, Ohio earlier this year.



Roland Balk





Gary Phillips

Amanda with Fitness winner Alysha Cliff at the All Female Classic.

I'm very real, I express how I feel, I'm not judgmental of people. So I want an extension of me — this show — to be the same, so the real deal, no BS and I think people see me — I'm a mum, I just turned 40, I have four children... let's say five because I've got Tony [smiles], and they can see that if I can do it and I can do it at a pro level, then why can't they have a go? And be in the shape of their life!

I don't want anyone to turn back and say, "Oh I wish I'd done that when I had the chance." You only need to experience it once; it is a brilliant experience. It is

not unhealthy, you're not eating plastic food, you're eating real good, home grown, natural foods and exercising — what more could you want? This show is about appreciating oneself and one another.

**As an IFBB qualifying event — for both the Amateur Olympia in Queensland later this year as well as the Arnold Classic Australia in March 2016 — do you think your show offers greater scope for female competitors, in order to take their competitive dreams to the next level?**

Absolutely. This is a real showcase for women. The standard of the athletes was just amazing. Those girls got to qualify in July, and then they will work on their physique and perhaps do a few more shows. I recommend you do a few shows, as it keeps your body nice and tight; and it's good to see where you're at and what you need to work on. This show qualifies them for the Amateur Olympia and also the most amazing show, the Arnold Classic Australia!

### **What message would you like to express to people about your show?**

As I said before, we're passionate and for us it's all about giving back...for me, giving back to the industry. I have been in it since I was 19, a pro since I was 21 and I am quite possibly the longest serving female pro in the world today. The other day I had someone come up to me and say, "I'd like to do your show but I am worried I won't place," and I said, "If you're so worried about placing, you'll never ever be satisfied. When you compete, it is all about the journey; it's all about bringing your best, and if you have done that you have already won! Yes, you want to be good but don't put the pressure on yourself early; you just want to be the best you can be. Don't worry about your competition because you're giving them your energy; concentrate on you and you will do very well." She went away and thought about it and said to me, "You're right — I am going to compete for myself!"

### **What does the future hold for the Amanda Doherty All Female Classic? Are there plans to take it interstate?**

You never know [smiles]. I would love to go interstate but we'll see... I don't like to look too far ahead. All I know is that it's going to be an annual thing, it's going to be in July every year and it's going to get bigger and better. I am going to work harder, get more prizes and more things to give back to the people; that's what I want to do. I'm talking to a photographer now who is going to give away some photoshoots for the top placing competitors...it is 12 months away and I am already starting to work on it already!

### **Thank you so much for your time, Amanda.**

Thank you! 🙌

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# Training and TUNES

## How music can benefit your workouts

By Daniel Hedger | Studio photography by Diep Nguyen

Walk into any gym these days and you'll see a sizeable number of people with earbuds in or headphones on. So whether we're trying to block out the rest of the gym bros, relieving the boredom of the treadmill or trying to replace the gym's crappy FM radio soundtrack with something suited to our own taste, it's hard to deny that we gym rats love our personal music devices. But does listening to music in the gym actually help us with our training? Many trainees would say yes, but what does the research say? Let's check it out.





Courtesy Marolflex LBC

## TRAINING AND TUNES

### Physical benefits

One recent study<sup>1</sup> out of Italy looked at the effect of listening to self-selected music on strength performance in the gym. Thirty-one young men with resistance training experience were randomly divided into two groups: a music listening group or a control group. Using the bench press as their yardstick, each group was tested on both maximal strength (measured as a one-rep max) and strength endurance (measured as reps to failure at 60 per cent of one-rep max). Both groups were tested at two different sessions; the control group performed both without music while the music group listened to music in the second assessment session only.

What the researchers found was that the music group performed significantly better than the control group — but only in the strength-endurance test. Music appeared to have no effect on maximal strength, which was the same between groups.

**LISTENING TO MUSIC IS LIKE SIPPING ON AN INTRA-WORKOUT. IT WON'T NECESSARILY MAKE YOU HIT HEAVY PBs BUT IT WILL KEEP YOU ENERGISED FOR LONGER.**

This intuitively makes sense — listening to music is sort of like sipping on an intra-workout. It won't necessarily make you hit heavy PBs but it will keep you energised for longer.

Another recent study, this one from Brazil<sup>2</sup> looked at the effects of musical tempo (speed) on various physical and psychological responses. Twenty-eight women were divided into three groups: a 90-beats-per-minute (bpm) group, a 140bpm group and a control group (no music). The groups underwent various experimental conditions, but the one that's most relevant to us is a 30-minute walk on a treadmill, where the participants were allowed to select their treadmill pace. The researchers

found that the 140bpm group, the one listening to faster music, had a greater performance in self-selected walking pace. In fact, the faster the music, the higher the treadmill level the participants chose.

In terms of participants' rate of perceived exertion (RPE), music promoted a higher rating. That is, the music groups considered themselves to have worked harder. Music also improved fatigue tolerance.

The researchers concluded that listening to fast-paced music could help newbies or sedentary people to exercise by helping to "distract them from tiredness and fatigue, and create a better sense of wellbeing while performing the activity".

Anyone who's ever been bored on a treadmill, or finds it hard to get their cardio in, already knows that listening to music can be the one thing that gets them through it. And if it's inspiring people to stick with working out, especially newbies, all the better.

A similar study<sup>3</sup>, which looked at using musical beats as a gait rehabilitation method, found that the more familiar a person is with the structure of the music (tempo changes, verse/chorus order, etc), the better the performance. That is, familiar music increases walking speed. The study also suggests that being more familiar with the music increases individual enjoyment and therefore better performance.





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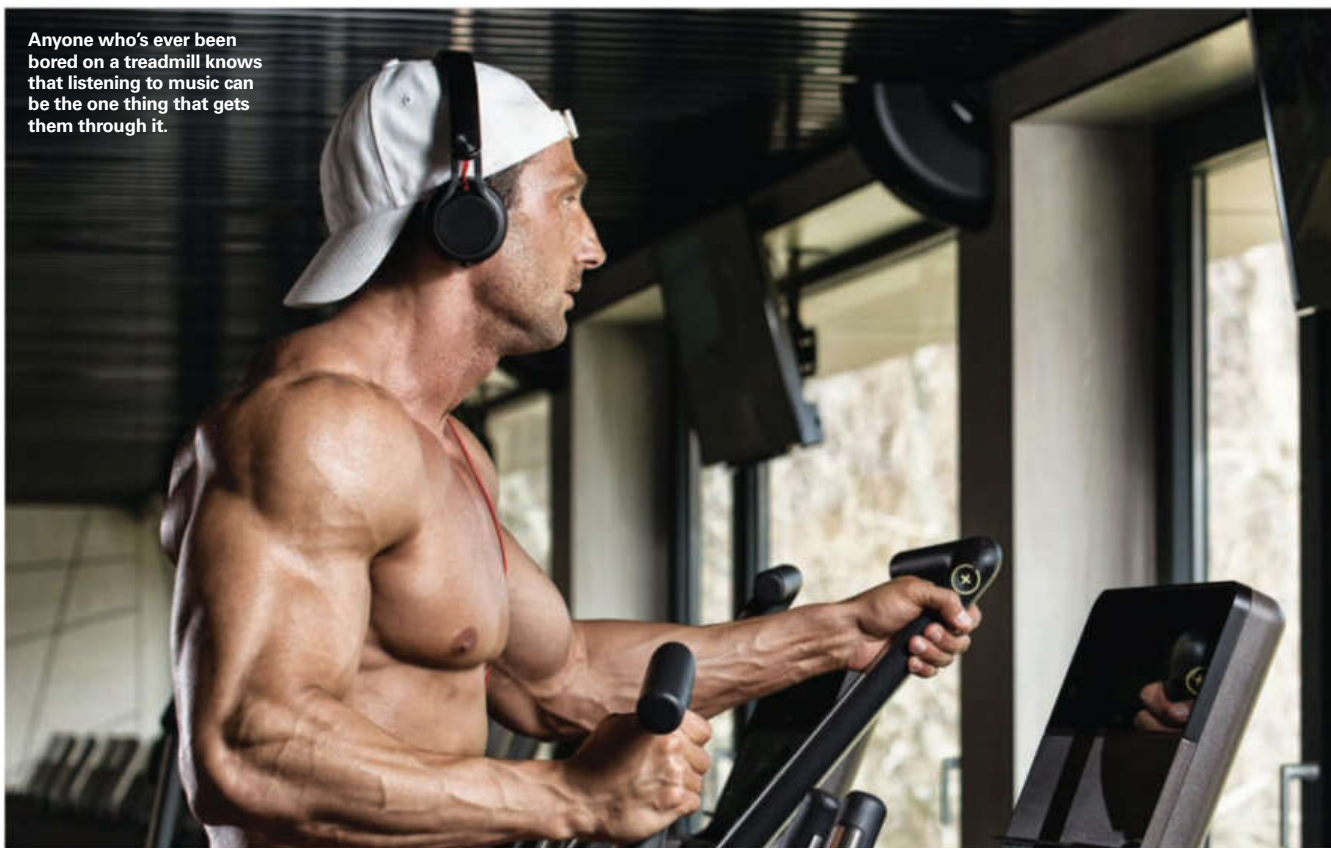
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Anyone who's ever been bored on a treadmill knows that listening to music can be the one thing that gets them through it.



FOR SOME, ALL IT TAKES IS POSTING A HARDCORE GYM MEME TO THEIR FACEBOOK PAGE TO GET MOTIVATED, BUT FOR A LOT OF PEOPLE, MOTIVATION DOESN'T COME THAT EASILY.

While it should be noted that, in this study, the subjects were patients needing rehab for gait problems, it's not hard to imagine carryover to a general fitness population.

To relieve the boredom when on the treadmill, three-time Mr. Olympia Frank Zane would walk in time to the beat of a song. He also believed that rhythm was important in getting a pump in the target muscle. "Other factors are important too, such as speed, proper range of motion and keeping the weight in the right groove of the exercise," Zane said. "But nothing is more important than rhythm."

So if musical tempo can have an effect on cardio performance and music itself can affect strength training, what about the volume (loudness) of the music?

A 2013 study<sup>4</sup> investigated the effects of high-decibel music and high-intensity exercise on cognitive function, based on reaction time. The researchers actually found that high-decibel music during exercise might negatively affect pre-frontal cortex activation.

So aside from damaging your ears and developing hearing issues like tinnitus, too-loud headphones can actually affect your short-term cognitive function,





which is something you probably want to have under control when putting stuff over your head. However, as a negative effect of music, it's a fairly easy one to get around. Just turn it down a bit.

## Psychological benefits

The idea that music affects emotional and psychological states, especially in a positive way, is intuitively true — we often listen to music to relax or to prime ourselves for a night out, etc — but it's also something borne out in the research.

A 2015 study<sup>5</sup> took 55 uni students and tested their self-reported levels of stress at two different times: during a regular term week and then again during exam time. Furthermore, a sub-sample of the group also provided saliva samples, which were analysed for cortisol and alpha-amylase levels (both markers for stress). Researchers also looked at the students' current music-listening behaviour.

The results showed that listening to music “was effective in reducing subjective stress levels”. Both the subjective levels of stress and the cortisol concentration levels of the sub-sample were considerably lower. (Interestingly, alpha-amylase levels varied depending on how arousing the selected music was: energetic music increased it while ‘relaxing’ music decreased it.)

Perhaps notably, when subjects specifically listened to music in order to relax, it worked. (Whether it's a placebo effect or not, it worked to relieve stress.) Since exercise is already a well-known stress-reliever<sup>6</sup>, combining it with music is only natural.

For some, all it takes is posting a hardcore gym meme to their Facebook page to get motivated, but the truth is, for a lot of people, motivation doesn't come that easily. But music is one of the simplest ways to change your psychological state.

A 2011 research review noted that there's quite a lot of evidence that music can have both ergogenic/athletic and psychological benefits, especially related to an individual's motivation<sup>7</sup>. There might be something of a feedback loop when it comes to exercise and music, since exercise itself has been found to be beneficial for the depressed<sup>8</sup>.

A 2014 study<sup>9</sup> looked at how different media affect anaerobic

performance when viewed pre-task.

Researchers tested how four conditions (music only; music and video; music and video plus motivational ‘primes’; and a control group) affected 15 young men's performance in a Wingate Anaerobic Test. The results showed that the combined music, video and motivation primes (which can be in the form of motivational quotes, imagery etc.) was best at “influencing participants' pre-task affect and subsequent anaerobic performance”. Second was music by itself.

So we can see that music alone can be a motivational device and that a mixed-media motivational video was able to affect how well a person performed. The study concludes, “The findings indicate the utility of such stimuli as a pre-performance technique to enhance athletes' or exercisers' psychological states.” No wonder *Pumping Iron* is still popular after all these years.

Frank Zane would agree. “I feel more energised whenever I work out to music,” he once said in *Iron Man*. “Heavy metal when I want to lift heavier weights, classical when I just want to feel a sense of relaxed alertness during my weight session.”

Speaking of heavy metal, a novel study out of the University of Brisbane<sup>10</sup> investigated the relationship between extreme genres of music (specifically metal) and anger/aggression. Researchers took 39 extreme music fans and subjected them to an ‘anger induction’, where subjects were deliberately made to feel angry, followed by either music from their own playlist or silence.

Using the Positive and Negative Affect Scale (PANAS), a measure of

emotions, to assess the feelings of the participants, researchers found that hostility, irritability and stress increased while undergoing the anger induction. After listening to their own music, these markers went down. However, they also went down during the 10 minutes of silence.

Researchers also found that subjects' heart rate increased during the anger induction, sustained (but not increased) when listening to music and decreased during silence.

Those who listened to music showed “a decrease in subjective hostility and irritability that was equivalent to those who sat in silence”, meaning that heavy metal relaxed participants just as effectively as sitting in silence with no stimulus.

The results also showed that “extreme music did not make angry participants angrier; rather, it appeared to match their physiological arousal and result in an increase in positive emotions”. Listening to music made participants feel ‘active’ and ‘inspired’ on the PANAS scale, not something found in the silent group. The researchers suggest that listening to extreme music might actually be a way to regulate and process anger, as well as feeling active and inspired.

Perhaps strangely, anger has actually been shown to lower cortisol levels and raise testosterone<sup>11</sup>, so it seems to be physiologically distinct from stress, which is marked by an increase in cortisol. So using music to ‘fully experience’ and process anger isn't a bad thing. See, there's a reason all your gym


## TRAINING AND TUNES

motivation videos use heavy music.

The takeaway here, of course, is not that you should start listening to heavy metal if you don't already (but you should, just because it's awesome). Remember, the subjects in this study already were extreme music fans. It's obvious but true: choose music that makes you feel good. That will help you out more than listening to whatever playing at your local leisure centre.

That's the power of positive thinking; the psychological benefits of listening to music — motivation, putting you in a good mood — actually can carry over into better athletic performance.

So it doesn't matter what you listen to, as long as it's your choice and you enjoy it. For your cardio, you might operate at a higher intensity if the music has a decently fast tempo; and for strength training, music can help you keep going longer — not to mention that you'll feel less fatigued and less likely to get bored. And as long as your earphones aren't up too loud, your mind will be just as sharp (or dull) as it always was. But maybe the main thing is that music — your own music — can motivate you into a positive frame of mind for lifting.

Now go get those earbuds, I hear the iron calling. 

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## CHRISTINE EWIN

They say 40 is the new 20 — and that's how I feel after placing in Bikini 40+ and making the final callouts in both Fitness Momma and Fitness 40+ at the INBA Brisbane Classic in May, 2015.

My life is very full and I wear many hats. I have a full-time career as an IT executive in Brisbane, as well as being a devoted wife, and mother to two boys — along with a hectic lifestyle based around quality exercise and nutrition. My approach to everything is goal orientated and results driven. This is reflected in my family life, especially with my boys — I want them to be the best they can be in all facets of life. After all, life has no dress rehearsal.

My progress in fitness over the years is what finally challenged me to step on stage in a competitive fitness environment. To not impede on my family or work life, my training regime usually commences in the early hours of the morning. I have been fortunate to have worked with the right specialists who have offered the right advice; I've spent many hours with my personal trainer — Tony Cavell from GoodLife Bardon — who has not only been the glue to hold the ship together but also a realist, with a superior view on health to ensure I continue with robust improvements. Tony also recognises the challenges of juggling work and family

life with the high level of dedication required while competing.

Physical training is one thing, but optimising diet and nutrition has been crucial for me to reach the goals I am chasing, especially since I am also a vegan competitor. I have also worked very closely with a qualified sports dietitian — Andrew Hall — who has provided key dietary advice and fundamental guidance throughout my journey, not to mention a great support in those times of self-doubt. Andrew has worked with me over the past few

years, providing specialist dietetic advice ranging from off-season programs through to stage prep and peak week plans. Tony and Andrew complement each other perfectly — they collaborate regularly to ensure the process is unified, and treat me as their star pupil!

With my recent success at the INBA Brisbane Classic, at time of writing I am now back to full training for the INBA Queensland Titles. My family and friends are also in full preparations as my proud support crew including cheer squad with pom-poms in hand!



Darren Burns



Darren Burns



# JACK LAY

My name is Jack Lay and I'm currently 22 years of age. I've been weight-training for four years and let me tell you, they have been the best years of my life so far.

I've always had two main focuses in life; the first one being 'always study' and the second to 'keep a healthy body'. When I was young, my beloved mum, who I lost at the age of 13, always mentioned these two points to me.

Because of these monumental points, I followed the path of studying by working on a Bachelor of Sport and Exercise Science degree at university and playing various sports. During my time studying, much like many others out there, I explored YouTube for fitness tips. I fell upon three very popular and well-known athletes: Steve Cook, Rob Riches and Greg Plitt. Watching Greg Plitt and Rob Riches motivated me to enter the gym and to start weight training at the age of 18. I picked every single body part of theirs that I liked and tried to visualise it on myself — and then slowly worked towards that goal.

Each day I worked and worked until a good friend of mine encouraged me to do a bodybuilding competition. At this point, I had no idea what this involved, but I threw myself into it, as it seemed like a good challenge. I've always believed that you should become comfortable being uncomfortable and this competition was just right for that.

So I was guided into the competition at the age of 19, nervous and scared. Did I win? Nope. Was I upset? I believe I was happier than the people who won. I came off that stage with this new profound excitement and craving to get back on the stage. I continued training and attempted a second competition a year later; however, this time I decided to give the Fitness Model division a try, as I noticed my physique was much more suited to this, as I didn't have a very large frame when I first started. Once again, did I win? Nope, but I came off that stage exhilarated and hungry for more improvement! After that, I decided to take a whole year off and work at building more muscle.

At my most recent competition this year, I competed in the Fitness Model category and the new Men's



Karl Patzke



Toni Outler

Physique category. I had been excitedly waiting for this category to debut, as my main motivation for this was Steve Cook. This time I had a bit more muscle, experience and presence, and I managed to score a second placing in the Fitness Model round and fell just short of the top three placing in the Men's Physique round.

I believe that I will one day achieve my goal of being a pro-card athlete in the Men's Physique category, no matter how long it takes. Two years? Five years? Ten years? I will stay hungry to strive for more and use my own life and image as a motivational beacon for those who were much like me when I first started.

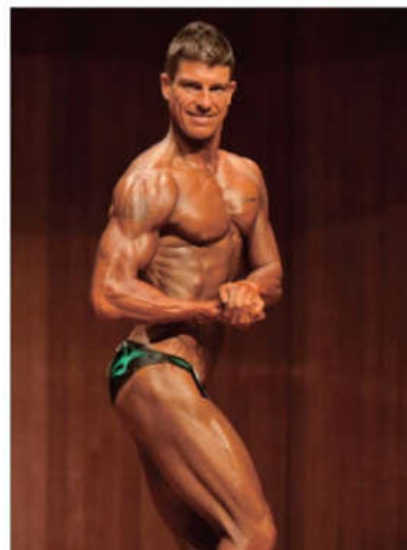
## PAUL HOOPER

Despite always being a gym- and weight training enthusiast, I never really understood the correct way to train to achieve my desired results. Sitting at 96 kg, I approached the inspiring Leon Stensholm from Body by Leon to train me and further my desire to become a competitive natural bodybuilder.

Starting in September 2014 to now, I have lost 17 kg and I'm becoming

extremely conditioned and well nourished following a strict macro diet. Thanks to Leon and his commitment and passion to his clients, I achieved a body type I was proud of and, more importantly, able to be competitive on stage.

Not only did Leon guide me through the rigours of macro tracking and weight training for over 10 months, but he also provided me with the highest



Matt Krappick



Melita Jagic

### Paul's bodybuilding results

2015 INBA Southern Cross Titles, Men's First Timers, **4th Place**

2015 INBA Southern Cross Titles, Men's Novice, **4th Place**

2015 INBA Sydney Superbodies, Novice, **5th Place**

2015 INBA Sydney Superbodies, Men's Open Class 4, **2nd Place**

2015 INBA Townsville Tropix, **Most Potential Award**

2015 Asia Pacific International, Men's Novice, **5th Place**

level of mentoring, which I took in at every opportunity. His work ethic and commitment to his clients is the type of philosophy I wish to embrace for my own personal training business and given the level of respect and admiration he has in the industry as a trainer and natural bodybuilder, it was a perfect alignment of teacher and student.

During this period I also studied at night to become a personal trainer, having found my new passion in life. Balancing a full-time job, nighttime study, new clients, family life and training was very testing. However, with the goal of competing in mind, I managed to successfully find the right balance.

Late last year I launched my personal training business, Paul's Body Engineering, and it has gone from strength to strength. My personal journey as a natural bodybuilder for 2015 is now complete, having successfully placed in a number of competitions. I have now found my passion and will continue to compete for years to come, hopefully passing the experience and skills I have learnt from this journey onto future competitors. My long-term, five-year objective is to qualify for the Natural Olympia. My short-term goal is next year's season B, allowing a 12-month off-season.

The love and support of friends and family has been tremendous through this journey and especially from my partner, Monique. Natural bodybuilding can be considered a selfish and fickle sport at times; therefore it is important to know your priorities and have the appropriate support you need.



# PETER AGHATANIOUS

Eight months prior to my first show, I asked my coach Michael Vecchio if he would train me. I'd seen the transformation of some of his clients in the gym and knew my gut feeling about this guy was right. It was two months before we actually got started but as the end of the year rolled around, I got a text: "See you after holidays when we begin with diet, supps and bulking training phase." I was pumped and couldn't wait to start.

The weight training was not a big change, as I'd lifted weights consistently for the past 20 years but it was usually combined with various other training, such as 8–10 km runs, HIIT and preparing for events such as Tough Mudder. The biggest challenge (apart from the abhorrent leg sessions with Mike) was the food preparation. I'd always eaten quite well 85 per cent of the time but was only consuming half the daily calories and protein that I required to build the body required to get on stage in six months. The extra work that my poor wife had to endure on top of the busy lifestyle we already have, especially with two young girls, was tough but if it wasn't for her help, my campaign would have been done and dusted two weeks in.

Having to eat seven full meals a day was like Christmas for me though, as I have an Egyptian background and everything revolved around either eating, preparing food or planning to prepare food. My first eight weeks were great and my body seemed to soak up the nutrients and I put on five kilos and was bigger and stronger than ever. During the next eight weeks, we modified the diet and I started to really harden and rip up while not losing any muscle — be it at the expense of giving up my beloved running. Up until now, the training was challenging but enjoyable; we'd gotten used to the food preps — despite the weekly threats of divorce if I even considered competing again — and there were visible signs of progress, which was encouraging.

The eight weeks after that seemed to go on for eight months, and I sorely regretted missing out on cheat meals on some weekends. Then, when the depleting stages started to kick in, things that I'd never thought I would

miss, I began to miss. The words of my witty and incredibly sculpted team mate Dan began to hit home: "You won't realise how much you love rice and oats till they get taken from you," or "You'll get turned on more by a jar of Nutella than the hottest looking girl." I hated how correct he was!

At this point in time, one's willpower starts to get tested and, to be honest,

that was one of the reasons I wanted to do this, as I felt that I really need to improve this part of me that is easily led astray. I wanted to be a good example for my little pumpkins and this competition turned out to be exactly that. I guess the further into it I got, the more determined I became, because no-one wants to destroy months of effort for a couple of beers, pizza or an ice cream — despite the disgustingly delicious flavours that they come in these days.

Fast-forward to peak week. It felt like it violated so many things that I loved about exercise. I was weak and barely lifting half what I normally would and I was finishing a workout feeling worse than when I started, rather than being energised and pumped. I was inhaling food and counting the minutes to the next disappointingly small meal, getting more and more tired as the day wore on, but damn, my abs were looking fantastic!

Then came competition day and I could barely contain my excitement. When it was show time, I must admit feeling like I would pass out after simply doing 20 push-ups — but once I got up on stage, it was magic! All the hard work meant there was no reason to hold back, especially with family and friends looking on, who had no idea why I was subjecting myself to this gruelling ordeal. Then, bang! The lights, the cheering and the adrenaline all kicked in and I was back, baby. I was enjoying it so much I thought I was going to have to be dragged off stage.

I think the take-home message for me during the preparation was that I'd learnt things that I could apply in my whole life, be it a little less extreme. As a bonus, I ended up winning both events I entered — WFF Victorian Masters and WFF Southern Hemispheres Masters — and that felt like a great reward as well as a thank you to my family, friends, coach and teammates for all their love and support. So, in conclusion I would certainly recommend to anyone to put themselves out there and have a go, because you can only gain from such an experience.



Courtesy WFF

## ROBYN COCKS

It all began with an image I saw in a magazine: a stunning, muscular body of a woman. Her sport? Bodybuilding.

I lived out on a dairy farm and pretty much grew up on the back of a pony, so taking up bodybuilding as my sport was definitely not expected by anyone. But with the money I earned from my job at the local supermarket bakehouse, I purchased myself a gym membership and started lifting to begin building my dream body. I dabbled in other activities such as taekwondo and belly dancing, and also participated in aerobic classes too, but nothing compared to the feeling of lifting heavy weights. The ability to squat weight heavier than myself was empowering! I loved it so much that I continued lifting while I was pregnant with my daughter Elaina, who is now eight.

One day after a taekwondo class, I felt a niggle in my lower back. Something wasn't right; I had always suffered from sciatica but this was something more, a sharp pain. Halfway

through my night shift, I couldn't walk; the pain was excruciating and my left foot had pins and needles. I made an appointment with the doctor and got an x-ray and MRI. Tests showed my spine's L5 had prolapsed and S1 had narrowed. I was told to cease all weights and recreational activities and was put on some very strong pain relief. I was so depressed, my dreams crushed.


I began walking and continued riding my horse, as I needed something. I participated in Pilates in a hope to rehab my back. Soon my walks turned into jogs and Pilates was gradually replaced with some light weights and before long I was smashing out 5–15 km runs on a daily basis and lifting weights again; not as heavy as I once did, but it was a start.

After going along to watch a local trainer compete in Figure, that got me really keen again and this time I wanted to do what she did — to step up on stage. I approached her and she coached me through my first season.

During this time, my mum was struck down with cancer. I lost her to the disease weeks before my first show. Instead of falling apart, I put my focus into getting show-ready — I wanted to do her proud. I came third and I was thrilled. Then I came fourth in my second show.

I soon learned about [IM columnist] Ingrid Barclay's Body Conquest, as my current coach was taking a break to focus on her own wellbeing and I really needed someone to guide me in the right direction. Ingrid was amazing; she was straight to the point and tailored a plan for my individual needs. I participated in her local show and choreographed my posing routine using a veil; it was a hit and I came second!

I am now lifting heavier than ever and my body composition is amazing; I'm lean and strong. With the help of a couple of technique tweaks and lifting aids, my back doesn't slow me down as much — I'm pretty stoked!

I recently lost my dad to heart disease, so when I competed this year I did so not just for me but for them, my parents and my daughter. I placed first and second in two NABBA shows and second in ANB. I used fan veils this time and once again my routine was a hit! I aim to compete again, but for now I'm focusing on building more muscle and better symmetry. 



Cornelis Nijzen



Cornelis Nijzen



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# Professional Whey

Person behind the brand: Stephen Morris, director and founder

**Hi Stephen, thanks for chatting with Iron Man. How did you become involved in the supplement industry in the first place?**

I was competing in various fitness competitions between 1998 and 2000. During this time, I quit my job, became a qualified personal trainer and started my own PT business. As I was pushing my own health and fitness limitations, I was devouring research on nutrition and supplementation in order to maximise my performance. I was working with fitness athletes, bodybuilders, power lifters and coaches and learning the various disciplines in order to become the best athlete I could be.

As a part of this whole process, I ended up formulating my first product for a UK sports nutrition company after picking up a team bronze medal in the 1999 UK Ultra-Fit and individual silver in the 2000 UK Tropicana Cross Training Championship.

**What can you tell us about the origins of Professional Whey?**

As a fitness competitor and personal trainer, I was really unhappy with using and recommending to my clients overpriced supplements, which were loaded with artificial sweeteners, artificial colours, artificial flavours and a whole bunch of other unnecessary ingredients.

So in 2006 Professional Whey was born with the sale of Aussie and NZ unflavoured grass-fed whey on eBay and slowly but surely we saw the demand. Then, after another three years, I went on a huge learning curve into organic wholefoods closely linked to ancient and modern farming practices, which led me to find and test the right flavour ingredients that I felt very comfortable adding to protein powders. They were and still are organic cacao, organic cinnamon, organic vanilla bean along with organic stevia. So

by 2009 I had put together products that were clean, high-quality, pure and free from any artificials.

**Where do your ingredients come from?**

That is a fantastic question and one that very few people are asking supplement companies. When it comes to ingredients, we are extremely fussy and only source the very best ingredients from all over the world through our stringent HACCP-approved supplier program. What does that mean to the consumer? It means that we don't partner with companies who don't have a certified food safety management program — such as HACCP or ISO 22000 — which includes our rigorous quality control survey. This shows us that the companies we work with have high safety standards, full traceability and excellent quality control standards. Unfortunately many companies in Australia and their suppliers do not have

Professional Whey ambassador Amanda Allen, CrossFit Games Masters Champion with director Stephen Morris.





an accredited food safety management program or quality control survey. This can put consumers at risk and generally means low-quality products. After 10 years in this business we have learnt to quickly filter out the good from the bad.

We specialise in pure, clean protein powders, which are either grass fed, free range or from the leading manufacturers in the world, and then we only add organic flavours and natural sweeteners as well as providing unflavoured options. Our grass-fed proteins come from NZ and Australia. Our free-range egg white and non-GMO pea protein come from Belgium. With our organic flavours, the organic cacao comes from a silver award-winning fair trade producer in Peru and our organic vanilla bean powder and Ceylon cinnamon come from a fair trade community in South India. We believe in order to get the best we must support the farmer and the earth.

Alongside our clean proteins we have a range of organic superfoods, organic wholefoods and standalone organic flavourings so people can make their own smoothies and recipes as they wish. Most of our organic superfoods are from South America: Brazil, Peru, Chile as well as Mexico. Our organic wholefoods such as our organic oats are made in Australia and our organic nuts come from the USA (walnuts), Vietnam (cashews) and Bolivia (Brazil nuts).

Finally, with our sport supplements we are the only supplier in Australia to stock the very highest quality with brands such as the Japanese king of the amino acid world, Ajinomoto; the gold standard in creatine with the German-made Creapure; and fastest protein on the planet with Holland's PeptoPro. With these brands, we know we have the purest supplements in the world.

**Your range is quite unique in that you not only sell supplements but also superfoods, such as acai berry, and also whole foods, like your steel cut oats. Can you tell us a little about the thinking behind this?**

I am simply passionate about wholefoods just as much as I am sports nutrition. It all started in 2007 with reading the work of Sir Robert McCarrison and Weston A. Price, great nutritionists from almost a hundred years ago who discovered the power of wholefoods being the foundation to physical health

**Professional Whey manufacture all their own product in their own on-site accredited facility on the central coast of NSW.**



and preventing disease. Since then, I grow a few of my own veggies, I have my own free-range chickens and only eat organic fruits, veggies and pasture-fed meat, which are sourced from amazing local farms. Therefore because of my personal passion and belief I have made it a priority to offer the best wholefoods and superfoods available that contain nature's vitamins and minerals as opposed to offering synthetic sources.

**You manufacture your own products. Do you think this makes Professional Whey more trustworthy to your customers?**

I think it does, as most brands within the sports nutrition industry outsource their manufacturing. In fact, a lot of brands use contract packers, where the ingredients are sourced by the third party so the brand doesn't even get to see them. Whereas we are actually one of the very few brands within the sports nutrition industry that actually has their own (HACCP) accredited manufacturing facility, which is also licensed by the NSW Food Authority. This along with our hand picking of ingredients creates a complete in-house approach, which enables us to have complete control of our quality assurance and confidence to know exactly what and how much is going into our products. So we are not compromised by any third-party manufacturer.

On top of this, we only manufacture our own products. We don't manufacture for any third party — thereby reducing the

risk of cross contamination with WADA-prohibited substances.

**Why do you think Professional Whey has been so successful?**

I think fundamentally because we run our business on integrity. This comes in the form of the purity and unsurpassed quality in our products and a very professional ethos and service. People want ultra-clean products, proteins and supplements and this is what we deliver. We are in the information age — people are educating themselves in all areas of their life and people are researching supplements and the ingredients they contain to find products that are genuinely going to support their health and their goals. For almost 10 years, this is what we have been committed to provide.

We go to every effort to create products that are either wholefood based or are the purest, highest quality supplements you can find. Hence, we source our ingredients and products from the best in the world and keep all our products free from artificials and focus on free-range, organic, pesticide-free, non-GMO and fair-trade products, which benefits customers, the environment and farmers.

Then we don't just settle for that. We are then constantly improving our products and ingredients. For example, within the past 18 months we have upgraded our WPC (which was from Tasmania) to be soy lecithin free, as our previous supplier started adding canola oil to their WPC. We upgraded our stevia

extract to be organic stevia extract — both changes at no extra cost to the consumer. We also upgraded our egg white protein to be free-range egg white protein, absorbing two thirds of the price increase ourselves.

Whilst we really believe we won't be beaten on integrity or value, we also focus on going the second mile to provide customer service over and above what is expected. We have a 97 per cent response rate to emails within two hours, where we offer simple, unbiased advice on products, as well as an experienced opinion on diet and training (if required) and ship all of our orders same day if ordered before 2 pm. This allows for 75 per cent of our orders to be delivered next working day.

**You have a strict policy of no stimulants/pre-workouts and no testosterone-boosting products. Can you tell us about this?**

That's right. We actually avoid any product that has any negative health consequences associated with it.

After using them myself for some time, and then researching the mechanisms by which they work, I found that most fat burners/pre-workout stimulants work by simply increasing adrenaline. A simple shot of black coffee can do that if you want. So, as a company, we have chosen not to promote or stock them, as our whole culture is suffering from adrenaline overdose or adrenal fatigue due to our fast-paced Western lifestyle, and therefore

stress and cortisol is out of control. With increased stress and cortisol you have the increased desire for sugar and calorie consumption and so the domino effect continues, possibly into weight gain and disease. The total opposite of what these products should do.

With so-called testosterone boosters, most of them don't actually increase testosterone, they simply increase libido. Two very different things. The ones that do increase testosterone do so, but not in any appreciable way to gain muscle size. On top of that, when you are playing with your hormones, many will find it comes with negative side effects when taken in the long term. Again I speak from experience, in that every high has a low. So while these supplements may feel like they offer some short-term benefits, we believe as a company they are not part of a long-term health strategy.

**Do you currently sponsor any athletes or have brand ambassadors?**

Yes, we do, but we only sponsor athletes that have been genuine customers of Professional Whey for more than 12 months, as it would break our level of integrity to sponsor just any athlete. No matter how big the athlete and their profile are, if they have not used our products for at least a year, in our eyes, they can't be genuine ambassadors.

With that said, Professional Whey has two truly awesome ambassadors: David Pocock, one of the best rugby

union players in the world, and Amanda Allen, two-time World Masters CrossFit Champion.

**Tell us about your website. Are you web-only or do you also sell in stores?**

We take a purely online approach, which means our prices and bulk discounts are super low. Our products are generally 50 per cent or more lower than inferior high-street products. As an online company, you can go on our website and read the many highs and a few lows from over 1000+ reviews from customers who have purchased products from us. This really helps people to navigate to a product they feel is right for them.

**Anything else you would like to add?**

We are constantly striving to find solutions to the many social, environmental and health concerns that are prevalent in our culture today. As a unique sports nutrition brand, Professional Whey will continue to create and promote products that genuinely contribute to our culture's wellbeing on a holistic level. If anything I have stated here resonates with you (the reader), I ask you to make contact with us through our website [professionalwhey.com.au](http://professionalwhey.com.au) or have a look at our social media pages and join the conversation. Without your support it is difficult make the necessary changes we all want to see. 

*For more information or to purchase products, visit [professionalwhey.com.au](http://professionalwhey.com.au).*



**Stephen Morris' personal passions are the driving force behind Professional Whey.**



**Silver award-winning fair trade organic cacao going into the Professional Whey blender along with New Zealand grass-fed whey.**



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# CORE

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# POWER

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BY  
MIKE CARLSON

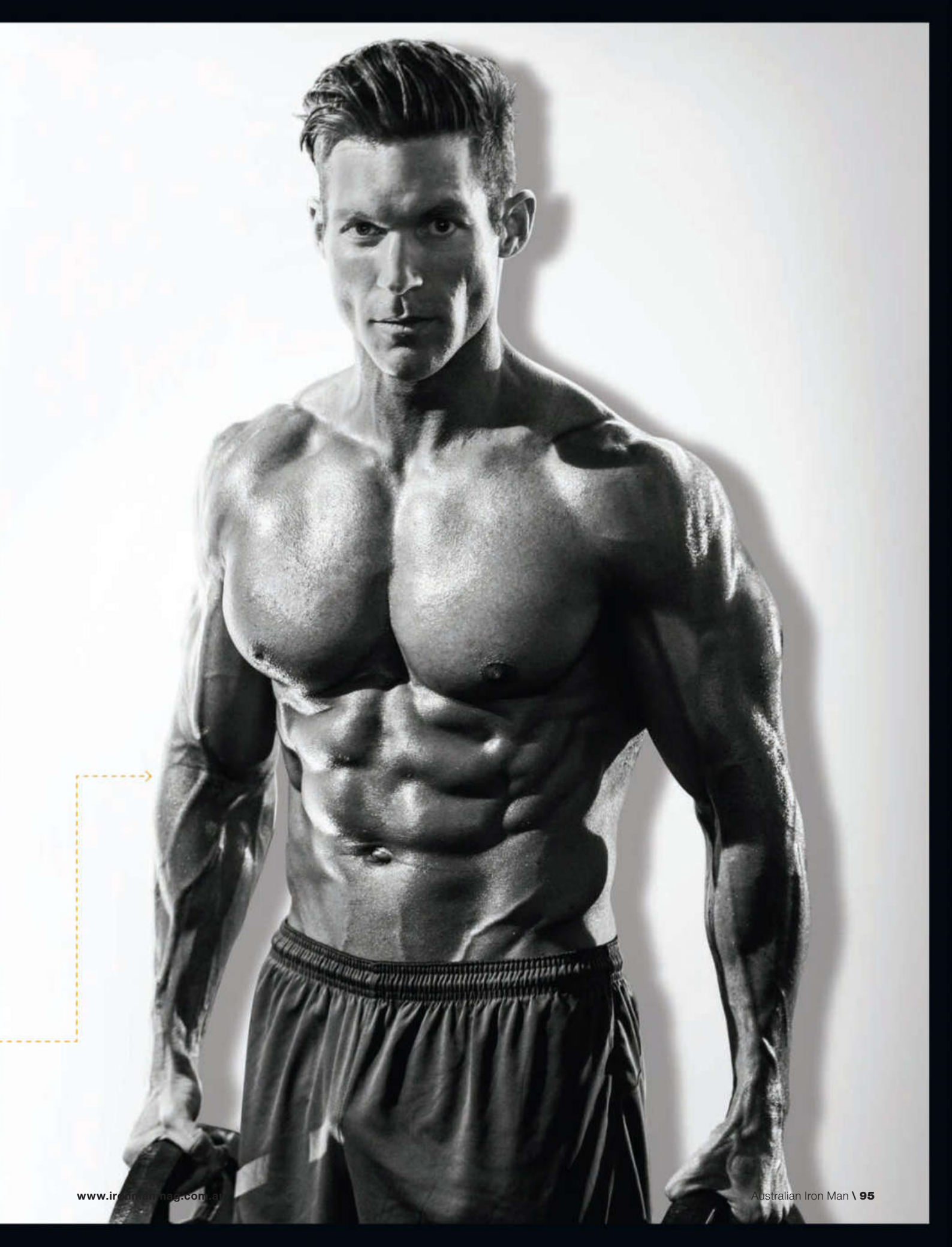
PHOTOGRAPHY BY  
MICHAEL NEVEUX

**THE FIRST RULE OF FITNESS IS, 'SOME is better than none'.** There are days when you won't be able to hit a 90-minute gym session. That doesn't mean that 25 minutes is a waste of time. When done correctly, you can work your abs, train the large muscles of the posterior kinetic chain, improve biometric abilities such as power and endurance, and consume a surprising number of calories in one 25-minute workout. It's called the Core-Power Circuit.

**Name:** Kyle Clarke  
**Height:** 5'11"  
**Weight:** 180 lbs (82 kg)  
**Hometown:** Las Vegas, NV, USA  
**Favourite exercise:** Bench press  
**Twitter:** @kyle\_clarke  
**Instagram:** @kyleclarke  
**Periscope:** @Kyle\_Clarke

SHOT AT METROFLEX GYM, LONG BEACH, CA





**CIRCUIT-STYLE WORKOUTS ARE TYPICALLY USED FOR METABOLIC TRAINING, AND WHILE THIS CIRCUIT IS NO DIFFERENT, IT HAS GREATER GOALS THAN JUST LEAVING YOU IN A PUDDLE OF YOUR OWN SWEAT. BESIDES BURNING THROUGH HUNDREDS OF CALORIES AND FORCING YOUR HEART RATE TO GO THROUGH THE ROOF, IT ADDRESSES SOME RELATIVELY SOPHISTICATED FITNESS OBJECTIVES.**

### POSTERIOR KINETIC CHAIN

THE DUMBBELL MOVEMENTS IN THE Core-Power Circuit heavily tax the posterior kinetic chain (PKC). There's a reason for that. The PKC is made up of the muscles that line the backside of your body: the gastroc-soleus complex, the hamstrings, the glutes, rhomboids, traps, lats, lumbar erectors and the deep cervical extensors. The muscles of the PKC allow the body to extend as well as generate power and deceleration in rotational movements. Besides being some of the major showcase body parts for Physique and Bikini competitors, these are also key muscle groups for athletic performance and functional strength.

*"The posterior kinetic chain has a high percentage of fast-twitch fibres," says strength coach and kinesiologist Brian Richardson, MS, CPL2, NASM-PES, the co-owner of Dynamic Fitness in Temecula, California, where he works with a wide spectrum of amateur and professional athletes. "Because of that, you'll see more hypertrophy, which will accelerate the metabolic rate."*

### POWER-ENDURANCE COMPLEX

THE USE OF VARYING REPETITION tempos is one of the devilish details of the Core-Power Circuit. Intermittently training fast rep schemes with slower ones builds work capacity while also stimulating those type-II muscle fibres in the PKC. These fast-twitch muscles have a greater capacity for growth than type-I fibres and thus lead to bigger hypertrophic gains more quickly. Combining the two tempos into one circuit not only develops two separate energy systems and abilities, it also has a potent effect on the metabolism.

*"I would classify this as a power-endurance workout. The slow tempos target stabilisation and strength, and the sprints and fast-paced movements are, by definition, power movements," Richardson says. "This tempering of energy systems ramps up the caloric expenditure. It burns a ton of calories."*

### CORE STRENGTH

ALL FOUR EXERCISES IN THE CIRCUIT force the core muscles to provide stability and rigidity. The load is relatively light, but the slow tempos call for significant time under tension. It initiates what Richardson calls "a gradient core approach". Instead of actively bracing all of the core muscles at one time, the way you would with a heavy squat or a deadlift, the circuit slowly but surely recruits dormant muscle fibres, one after the other.

*"Slow tempos kick on more of the core and the transverse abdominal muscles because it forces the body to respond to the duress," Richardson says. "Since the intensity and loads in this circuit are not very high, and as a result of the significant time under tension, the exercises will call upon the muscles of the core in a sequential manner: the transverse abdominis, then the internal obliques, the external obliques, the rectus abdominis and so forth. By the time you hit those sprints, they will start turning on the deep muscles in the abdominal wall."*

---  
BE  
WARNED

**THERE'S A TRADE-OFF FOR JAMMING 60 MINUTES OF EFFORT INTO A 25-MINUTE WORKOUT, AND THAT TRADE-OFF IS PAIN. THE EXERCISES IN THIS PROGRAM ARE INCREDIBLY TAXING, AND THERE IS NOT MUCH REST TO BE HAD. BUT THAT'S WHAT YOU GET FOR NOT MANAGING YOUR TIME BETTER, RIGHT?**



# CORE-POWER CIRCUIT

**PERFORM THE FOLLOWING EXERCISES IN CIRCUIT FASHION** using the same set of dumbbells for all exercises. Move immediately to each exercises with no rest between. At the end of each complete circuit, rest for one to two minutes. Complete three to four total circuits, depending on your conditioning.

It's important to follow this specific order of exercises, which are listed in order of neurological load. The dumbbell overhead walking lunge demands serious control, so you want to get through it while your nervous system is still fresh.

Lastly, pay close attention to the tempo of each exercise. In the chart below, the tempo column indicates the number of seconds it should take to complete the eccentric and concentric portion of each rep. The renegade row and dumbbell overhead walking lunge should feel very slow, while the thruster and treadmill sprints are power moves that are meant to be performed quickly and explosively.

EXERCISE	SETS	REPS	TEMPO
1. Dumbbell Overhead Walking Lunge	3	15	3/3
2. Dumbbell Thruster	3	20-30	1/1
3. Renegade Row	3	30	3/3
4. Treadmill Sprint	3	4/30 sec	80%/20% max

## 01

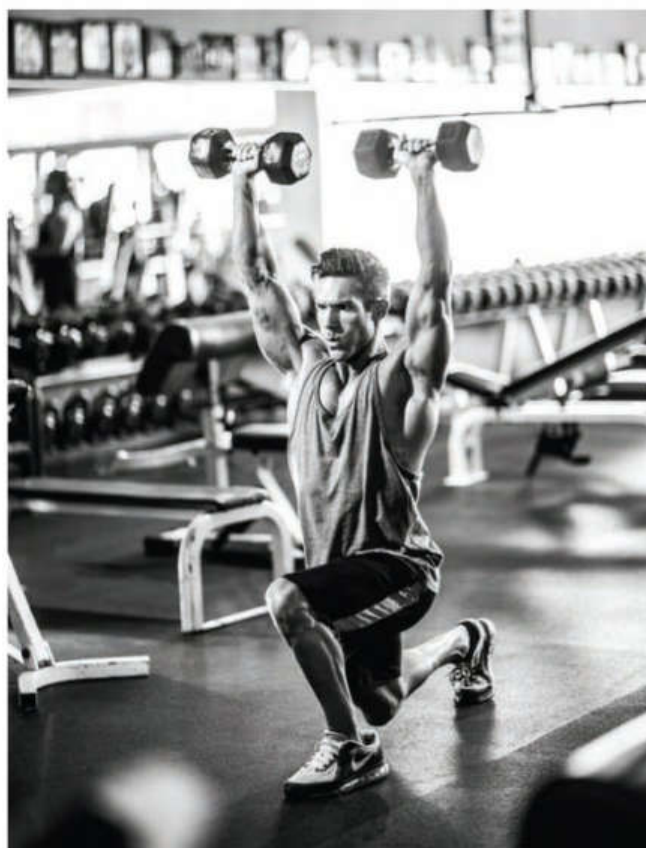
### DUMBBELL OVERHEAD WALKING LUNGE

Stand with your feet hip-width apart and a dumbbell in each hand. Press both dumbbells overhead so your elbows are fully locked out. Make sure you are not

excessively arching your lumbar spine to keep the weights in position. Take a big breath, contract your core and glutes, and then take a large step forward. Bend both knees to 90 degrees and descend into a lunge. Keep the weights directly above your head, your abs braced and your chest high. Push off your front foot and step into the next lunge with your back foot.

#### BONUS CHALLENGE:

*For more glute activation, perform a hip extension at the end of each lunge. When you come back up and reach the top of the movement, lift the rear leg from the hip so it travels behind you. Squeeze the glutes and then step right into the next lunge.*

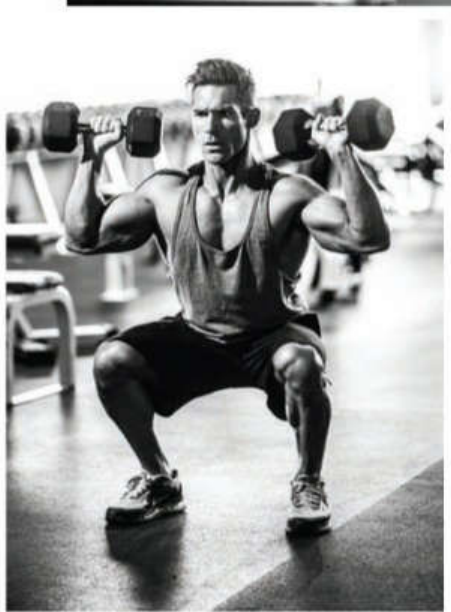


## CORE POWER

02

...  
DUMBBELL  
THRUSTER

Holding a dumbbell in each hand, stand with your feet a bit wider than shoulder-width apart. Bring each dumbbell to shoulder height, with your elbows pointing down, and the weight resting on your front delts. Move your hips back and descend into a full squat, keeping your chest up and eyes forward. From the bottom, push your knees out and drive up through your heels. As you near the top, thrust your hips forward and press the dumbbells overhead. The explosive motion of the hips should propel the weight most of the way. After you fully extend your elbows, return the dumbbells to your shoulders before beginning the next squat.





# 03

## RENEGADE ROW

Get into a push-up position with your hands gripping dumbbells rather than on the floor. (Hex dumbbells work best for this exercise.) Tighten the glutes and pull your belly button in

as you contract your core and control the pelvis. Perform a single push-up, and as you come to the top, row the dumbbell in your right hand to your side. Fight to keep your chest squared to the ground and your hips in a neutral position — do not let the hips rotate or cave in. Return the weight to the floor, perform another push-up and then row the other dumbbell up to your

side. The smaller the base of support, the more difficult the movement. Beginners should place their feet outside the width of their shoulders. Intermediate lifters can go shoulder width or narrower, and an advanced option is to have the feet together or even with one foot on the other. Perform the full 30 reps (15 each side) before moving to the next exercise.




# 04

## TREADMILL SPRINT

of 30 seconds at an easy pace that is about 20 per cent of your max effort. Repeat the process for a total of four 30-second efforts (two fast, two slow).

Set the treadmill to zero grade and to a speed that is 80 per cent of the maximum effort you could hold for 30 seconds. Once the treadmill has come up to speed, get on by supporting yourself with the handrails and slowly lowering yourself until you can match the pace of the belt. After sprinting for 30 seconds, jog for a recovery interval

The treadmill is an ideal piece of equipment for this circuit because you can set up next to it and leave it on while you blast through the dumbbell exercises. It allows you to keep your pace and intensity. If an injury precludes you from running, or you don't have access to a treadmill, you can substitute an exercise bike, rower, battling ropes or outdoor running. 

# In Over Your Head

By Cornell Hunt, CSCS

Don't neglect this important strength-building move.



The ability to press, stabilise, and move with weight over your head is an integral part of optimising your training. Strength and conditioning coaches place an emphasis on proper technique, sometimes prioritising movement patterns over specific muscles trained. For upper body, the ability to horizontally push (bench press), horizontally pull (row), vertically push (overhead press) and vertically pull (pull-up) are all important movement patterns that need to be mastered to ensure lifters possess a balanced body in both strength and aesthetics.

Overhead pressing is an often-underutilised exercise. The shoulder is a very delicate joint, and extreme care must be shown when developing it. Having the strength to perform overhead pressing, as well as having the proper flexibility in key joints, will greatly minimise your risk of injury.

When most people think about training their upper body, they automatically think bench press. Now this article is by no means a ploy to take you away from benching, but when you're pinned down on a bench, your shoulder blades remain squeezed together. Over time, you shoulder blades lose their ability to move freely. (These 'floating' bones are very mobile, having the ability to rotate outward, squeeze together, lift upward and depress downward.) This is one important reason why everyone should perform vertical-pressing movements. Pressing over your head allows your shoulder blades to move in their natural rhythm, which helps to prevent injuries.

## Freedom of the press

When overhead pressing, take into consideration your daily living conditions and how they may affect your training. Since so many people have jobs sitting down, over time their shoulders become rounded, resulting in their pectoral muscles becoming shortened and their spine being forced into constant kyphosis (excessive spinal curvature). Also keep in mind that every lifter loves to bench press, which shortens the chest muscles even more. Most people don't train their back or rear deltoids as much as they should,

Courtesy of IMHP





OVERHEAD SQUAT

so over time this causes problems. When you develop these issues, pressing a barbell overhead can become a glitchy, painful nightmare. In order for you to push that weight skyward, you must do some funky things with your lower back to compensate for your compromised mobility. Many people need to drastically hyperextend the lumbar spine. If you attempt to keep your back flat and straight, you'll quickly realise that your flexibility issues won't allow that barbell to be pressed overhead in a correct path.

A great assessment tool for realising imbalances is the back-to-wall shoulder flexion. This exercise will help you identify what kind of preparation you may need to do prior to lifting a weight overhead. Place

your feet about six inches away from a wall and put your butt, back and head against the wall. Leading with your thumbs, bring your arms straight out in front of your body and then over your head, touching your thumbs to the wall over your head. If your back, butt, or head lose contact with the wall or you must do anything compensatory to allow this movement to happen, you will need to spend some time doing prep work before continuing to put weight over your head.

Strict overhead pressing is not only an effective strength-building exercise, it is the foundation for more advanced moves such as the push-press and overhead squat. When you begin pressing, keep these cues in mind:

- Set the squat rack up so an Olympic bar is loaded onto J-hooks that are even with your armpits.
- When you address the weight, grab the bar just outside your shoulders.
- Make sure your elbows are directly located under your wrists. This will allow you the most power to press the bar overhead.
- Your feet should be between hip- and shoulder-width apart, but this is a personal preference.
- Try to keep your wrists as straight as possible. One thing I always cue people on is to 'punch the sky'. Make sure your wrists are straight and keep your knuckles pointed to the ceiling.
- When you are about to press, squeeze your glutes. This helps tremendously

since it takes a ton of pressure off your lower back.

- Tuck your chin in and press the bar in one smooth motion over your head. When you do this, it allows the bar to be pressed directly up overhead without moving off a straight bar path. If you don't tuck your chin, you might jam the bar into your chin or you'll need to press the bar forward to go around your head.
- Do not make the mistake of leaning back to press it, as this will put you at risk of blowing a disc in your back.

The number of sets and reps you perform are based off your goals and training experience. If you're just

beginning, aim for four sets of six to 10 reps. If strength is your goal, then stay under five reps. If you're looking to build muscle mass, operate between six and 12 reps. And if you're doing this for fat loss, such as in a metabolic circuit, then bump it up to between 12 to 20 reps.

There are a few accessory exercises that can help to build the strength and stability needed to press overhead efficiently. I'm a fan of single-arm overhead walks, also known as waiter carries. Grab a kettlebell or dumbbell and press it overhead. Walk a certain distance (I recommend 20 metres) with the dumbbell overhead and your arms and shoulders locked into a




PUSH-PRESS

### Here are some preparation movements you can do to help get you loose before heavy overhead pressing:

- Lie facedown and place a lacrosse ball (or solid rubber ball) under your chest and vigorously roll it out, forcing your pec tissue to loosen up.
- Next, place a lacrosse ball under your lats as you lie on your side, and roll it out to help loosen up those muscles.
- Take a foam roller and place it across your mid-back as you're lying down, and perform thoracic extensions to help make sure your thoracic spine is mobile enough to perform overhead pressing.
- Finally, perform scapular push-ups in which you simply get into a push-up position and repeatedly protract and retract your shoulder blades with your arms locked out. These various exercises may not solve the problem completely, but they will help get you on the right path.

stable position. You should be standing upright with a stiff and stable torso. This is a great way to build dynamic stability in your shoulders.

Another exercise I advocate is the basic dumbbell Arnold press. This is a bodybuilding favourite and rightfully so. The shoulder is a ball-and-socket joint, and this exercise helps to keep that shoulder moving in its natural rotational motion, as opposed to a fixed up-and-down movement.

Overhead pressing is an exercise that often gets thrown into the mix with 'the big three' (squat, bench, deadlift). It's a great way to build strength in your shoulders, as well as determine if you have any mobility issues. Big benchers know the importance of having strong shoulders, so adding overhead presses into their routine will help your bench-press numbers grow. The addition of overhead presses into your weekly training — and then using that strength to add new exercises such as push-presses and overhead squats — will allow you to experience gains in your performance that you didn't know were possible. 

Cornell Hunt is a Certified Strength and Conditioning Specialist who trains athletes in Fairfield, New Jersey, and is the Xtreme Trainer for MHP. For more info, visit [MHPstrong.com](http://MHPstrong.com)

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# The One-Plate WORKOUT

Blast your body Secret Service-style

By Dave Shutler | Photography by Jamie Watling

**I** was in the United States Secret Service (Uniformed Division) for four years, and an intelligence analyst for another four. The prestigious agency expects and demands quick decision-making and the ability to handle stress, both mental and physical. In order to succeed as a Secret Service agent, you have to push yourself to the absolute limit and prove that you are worthy.

In this workout, you will challenge yourself to the max using only one piece of equipment. Just as in intelligence training, where the

body is pushed to the max, so too you will be pushed. Being able to work with what little is provided is a Secret Service attribute.

There is NO room for quitting. When something needs to get done, it gets done without hesitation. There is no think, just DO. What are you? Are you a thinker, or a do-er?

During this whole workout, you should be moving quickly, focusing on each repetition of every set. On the last set of each exercise you need to push yourself to all-out failure — no exceptions. Good luck.

## ONE-PLATE WORKOUT

### A1 Plate front raise

3x10-12, 15-second rest

Take a steering wheel grip on a plate and raise it in front of you up to shoulder height. Twist left as far as you can and then twist right as far as you can, always in control. This exercise is effective because it isolates the front head of the shoulder.



SUPERSET WITH:

### A2 Chest plate press

3x10-12, 60-second rest

Press the plate out in front of you while squeezing and flexing your chest. This exercise is effective because after a front raise, the front deltoids are already fatigued, so combining that with squeezing the chest, you get two body parts being worked at one time.





**B1**

## Seated triceps extension

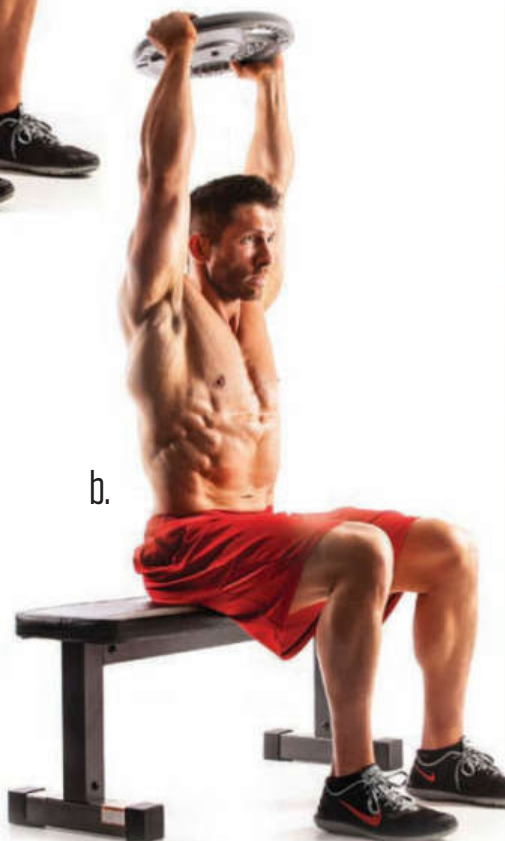
3x15, 15 second rest

For the plate seated triceps extension use strict form and control the weight, squeezing the triceps at the top of the movement. This exercise is great to really get a stretch in the triceps. Make sure your forearm and biceps touch together for maximum effectiveness. This hits all heads of the triceps.

a.



b.



THIS EXERCISE IS EFFECTIVE AT BUILDING THE THICKNESS OF THE BICEP AND FOREARMS, BUILDING STRENGTH FOR CARRYING THINGS IN EVERYDAY LIFE.

SUPERSET WITH:

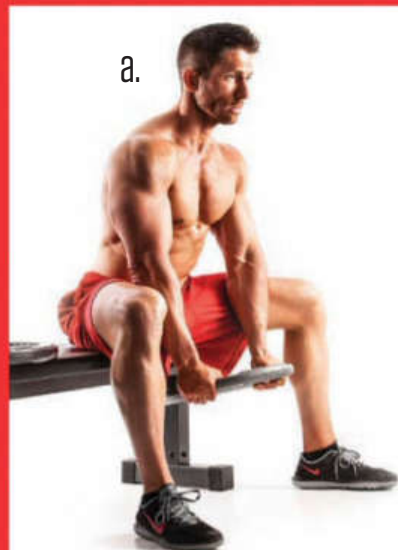
**B2**

## Seated plate hammer curl

3x15, 60 second rest

For the seated plate hammer curl, make sure to keep your elbows on the inside of your knees. Curl the plate up and squeeze your biceps at the top. This exercise is effective at building the thickness of the bicep and forearms, building strength for carrying things in everyday life. This is a very strict movement, so the only movement should be happening at the elbow.

a.



b.



## ONE-PLATE WORKOUT

### C1 Standing triceps extension

3x20\*, 15-second rest

For the standing triceps extension, stand up with feet either shoulder-width apart or in a split stance. Hold the plate directly above your head, then bring it down, letting your elbows completely extend behind head so that the forearms cover the elbows. Extend back up and squeeze the triceps hard. These are great to get maximum stretch in the triceps. Similar to the seated variety, the difference here is that when you get a little tired, you can start to use your legs for a few 'extra' reps.



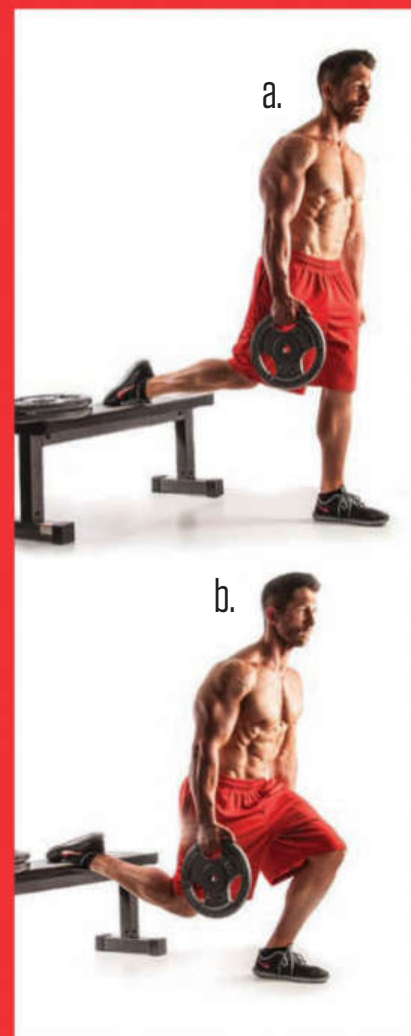
*\*On the third set of each exercise, finish with as many reps as possible to complete failure.*

SUPERSET WITH:

### C2 Bulgarian plate lunges

3x20\* each leg, 15-second rest

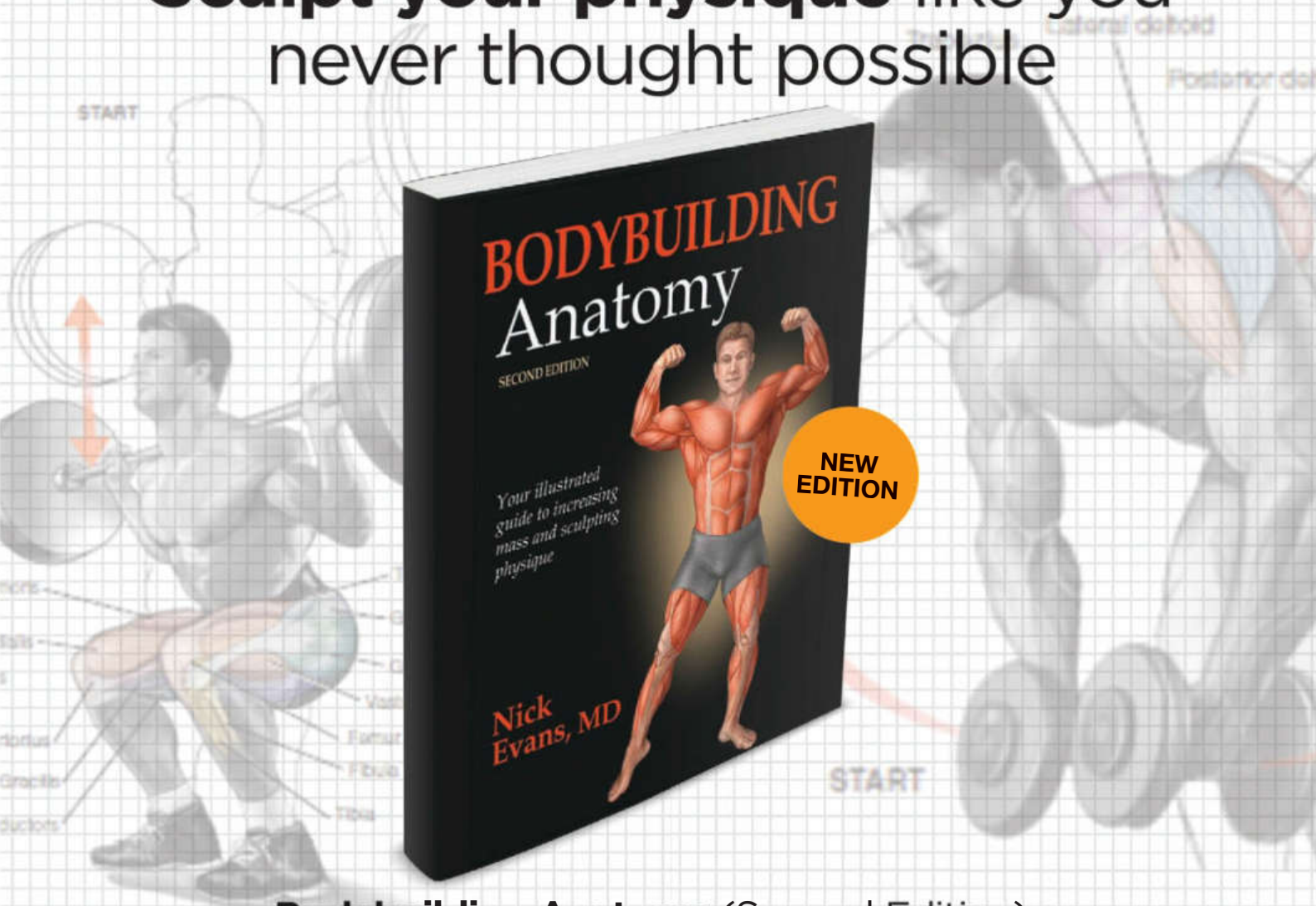
Hold one (or two) plates and have one foot out in front and the other on a bench. Come down slowly about 3 inches (8 cm) or so from the floor then back up. Don't lock out the working leg at the top — keep all the tension on the leg. Bulgarian lunges are a very intense single-leg exercise and very effective for working the whole leg (glutes/quads/hamstrings). Just make sure you do not lock out the leg at the top, and keep tension on the leg the whole time.





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## ONE-PLATE WORKOUT

PLATE DIPS  
ARE GREAT FOR  
BUILDING THE  
HORSESHOE OF  
THE TRICEPS AND  
GETTING A GREAT  
CONTRACTION.


SUPERSET WITH:

C3

### Plate dips

3x20\*, 60-second rest

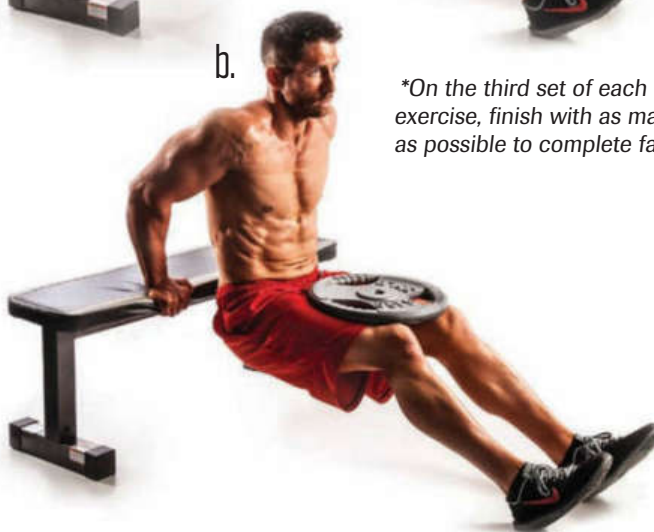
Sit the weight plate on your lap (or bodyweight if you're too tired after the first two exercises) and keep your torso close to the bench. Come down slow so the forearms and biceps just slightly touch, then come back up and squeeze the triceps hard.

Plate Dips are great for building the horseshoe of the triceps and getting a great contraction. Make sure your forearm slightly touches the biceps on this exercise and stay close to the bench with your torso upright. Squeeze hard at the top for maximum effectiveness. 

a.



b.



*\*On the third set of each exercise, finish with as many reps as possible to complete failure.*



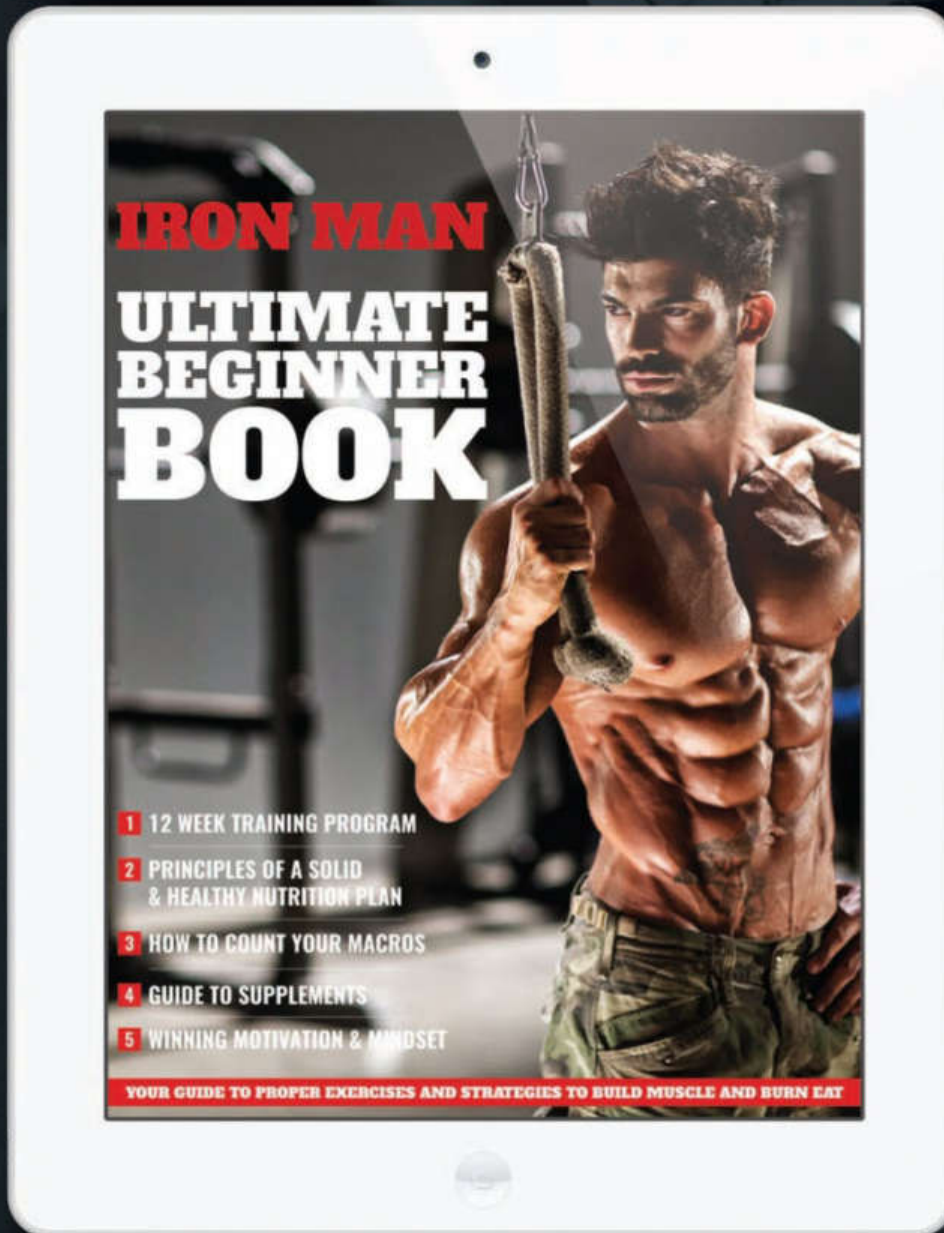
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




Dave Shutler was in the US Secret Service Uniformed Division for four years and is currently a Certified Personal Trainer with ISSA as well as a licenced massage therapist. For more information, visit [shutlerfitness.com](http://shutlerfitness.com). Jamie Watling is a Toronto-based photographer. Check out his work on Instagram @jamiewatling.



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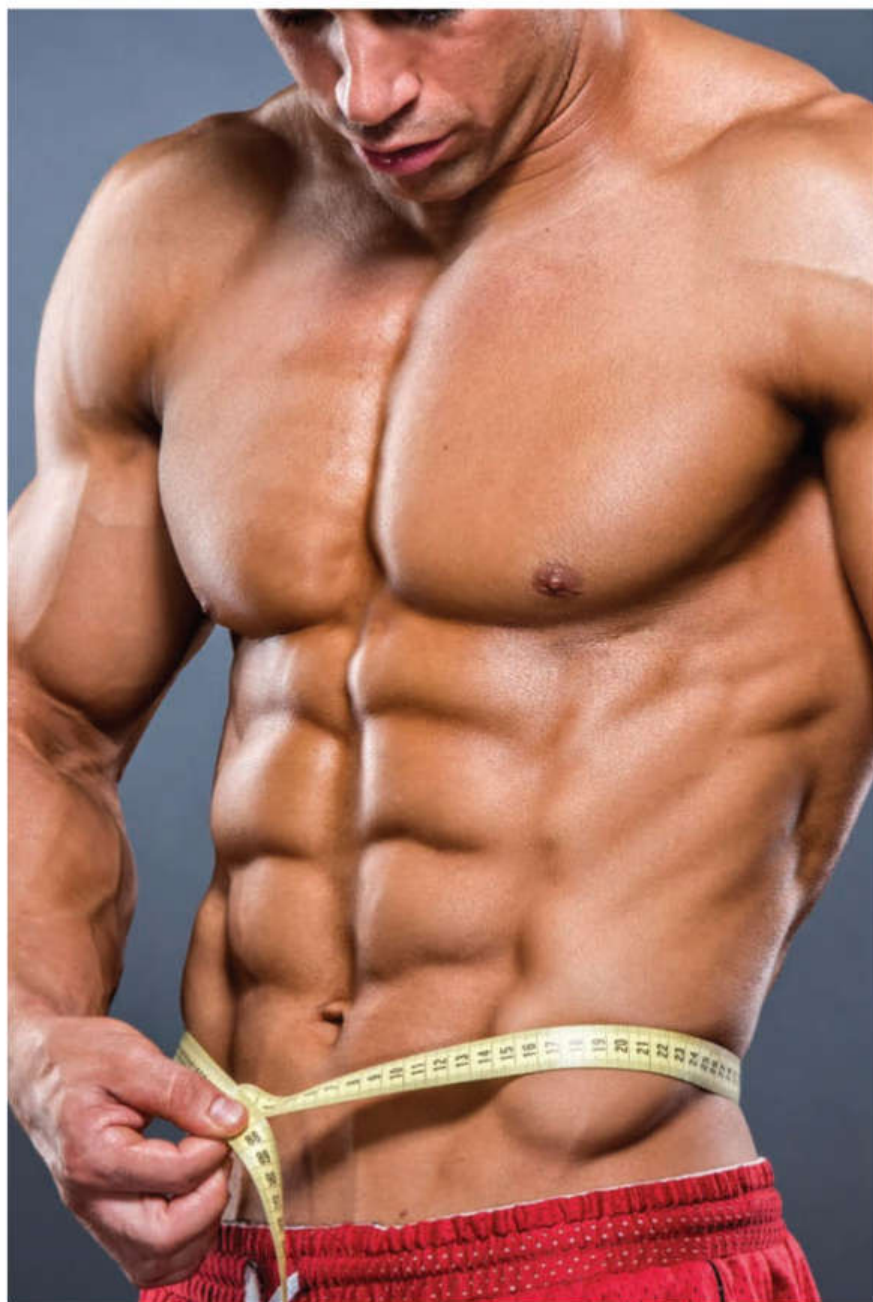
# Building Killer Abs: Part 1

By Vince DelMonte

If a ripped midsection is your goal, you need to adopt these 10 rules right now.

The abs are part of your physique that stands out as much as bulging biceps or massive shoulders, and they're often considered to be the epitome of a person's fitness. This is the first instalment of a two-part series on how to achieve a head-turning set of abs.

Getting cheese-grater abdominals demands the right exercises, diet and focus, not just in the gym and at meals, but during nearly every part of your day. Abs aren't just about training and nutrition, they're a lifestyle.



## 1 Use the help-hurt rule:

Throughout your day, constantly ask yourself whether something will help or hurt your progress. You probably do this when you're making major life choices, but it can have as much impact with the small, everyday decisions we make, too. Can you skip one meal, cut short a workout, or cheat yourself out of a couple of hours of sleep? These may seem like small things in the big picture, but they add up in a hurry.

If you teach yourself to analyse every single decision and activity in this light, you'll move ahead toward your goal more steadily. And you'll be surprised how after a short while, it becomes an automatic process. Pretty soon, you won't even realise you're doing it.

## 2 Remove temptations: If

everything around you is a healthy option, it's hard to make a bad decision. Home is where you have control. If you don't bring foods into your house that can slow your progress, you're less likely to go off the rails. One of the first smart decisions you should make is to remove those temptations. Bring home healthy foods. Fruits, seeds, and nuts are great healthy snacks that won't set your abs-building back. If your periodic cheat is ice cream, visit the neighborhood shop to enjoy it. If you bring ice cream home and put it in your freezer, it's going to tempt you to overdo it.

## 3 Prioritise meal cadence:

Muscle protein synthesis is the process of building new muscle fibre by the conversion of dietary protein. Those fibres are comprised of a variety of amino acids, one of the most important of which is leucine. In order to build new muscle throughout the day, you need a constant supply of leucine; that's why eating high-protein meals several times per day is necessary.

I've done careful research and experimentation with my own diet over the years, as well as with more than 700 face-to-face clients and many thousands of online students. What



I've discovered is that five whole-food meals and one shake during each day has been the most effective approach for 90 per cent of my students, 90 per cent of the time. When I tried getting my macronutrients in two, three, or four meals per day, I just found myself getting weaker and smaller.

**4. Don't count calories:** In my opinion, following a calorie-based program doesn't support fat loss, because calories are not all equal. Different macronutrients cause different hormonal changes, which can have a dramatic effect on your fat-loss efforts. For instance, more carbs will result in more insulin, which has a detrimental impact on your thyroid and cortisol profiles. Secondly, foods break down with varying levels of effort. Calories from meat, for example, require a lot more energy to digest, as opposed to pasta. Processed carbs break down quickly and easily since they typically contain little fibre or protein, while whole foods burn a significant amount of calories just from the effort it takes to digest them.

**5. Cheat honestly:** I have a personal rule not to give myself any cheat meals unless I'm under 12 per cent body fat. Once I hit 12 per cent, I treat myself to one six-hour window a week. In short, anything goes for six hours. When I'm bulking, I usually give myself two half-day treat days per week. The wife and I will step out for dinner on Thursday and Sunday, maybe hitting a movie and some treats. Looking forward to those events helps me control cravings during the week and maintain a healthy long-term dietary program.

**6. Earn every carb:** Every carb you consume should be earned, and until you're down to 12 per cent body fat, you haven't earned any. You should be on a low-carb (albeit not zero-carb) diet until you get down to 12 per cent. For some big guys, eating low-carb might still call for 200 to 300 grams per day, but those should come from low-glycemic sources, mostly in the form of green fibrous vegetables. The rest of the daily calories are derived from healthy fats and proteins.

**7. Start your day green:** Begin your day with a green drink. It provides plant-based proteins, vitamins,



For some big guys, eating low-carb might still call for 200 to 300 grams per day, but those should come from low-glycemic sources, mostly in the form of green fibrous vegetables.


minerals and antioxidants, with minimal caloric intake. I generally start off with a base of celery and cucumber. From there, dark leafy greens are the priority. I like kale, broccoli, spinach, parsley or mint. Low-calorie additions like lemon juice, fresh ginger, and even cayenne powder can add some zing. Chia seeds, chlorophyll, and aloe vera are great additions, as they contribute valuable doses of gelatinous fibre. You'll be amazed at how quickly these superfoods can put your health on a new track.

**8. Try the meat and nuts breakfast:** IFBB heavyweight bodybuilder Ben Pakulski and trainer Charles Poliquin convinced me to try this, and it's one of the best tips anyone has ever given me. A typical breakfast might be eight ounces (227g) of ground beef (or other protein source) cooked with one tablespoon of coconut oil, two whole eggs, a cup of spinach and then one-third cup of mixed nuts on the side.

After your overnight fast, the first meal you eat sets the pace for your neurotransmitters. High-glycemic foods will trigger serotonin, so you may feel great, but you'll also be sluggish and tired. Low-glycemic foods will prime your neurotransmitters to trigger acetylcholine and dopamine, satisfying

your food craving while increasing your focus and drive. This will put bulge in your muscles, not in your belly.

**9. Be wary of food allergies:** The bloating and slowdown of the digestive process from allergies to gluten or lactose can stop your progress cold. If you feel as though you may be developing an allergy to a food, you need to get tested. Even a mere sensitivity can be enough to give you gas, fatigue or bloating. If you find that eliminating the food for a couple of weeks helps, you may want to remove it from your diet permanently.

**10. Rotate your fats and proteins:** Never repeat the same fat or protein in one day. Rotating them can keep your diet more palatable, but it also helps ensure you're getting a more complete variety of the healthy fats and amino acids. Don't just consume chicken and beef. Get the whole spectrum of different seafood, poultry, and red meat into your diet. Try a new protein every week, such as venison, elk, scallops or turkey. 



Vince DelMonte is a WBFF pro, fitness model, certified personal trainer and nutritionist, and author of *No Nonsense Muscle Building*.

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Here's some quick & easy recipe ideas to get you started.



### RAISIN SQUARES

- 1 SCOOP\* (20g) International Protein Naturals Egg Albumen
- 4 SCOOPS\* (100g) International Protein Naturals Vanilla SPI
- 4 SCOOPS\* (160g) spelt flour
- 1 tsp (5g) baking powder
- 1 CUP (100g) wholegrain rolled oats
- ½ CUP (60g) pepitas (pumpkin seeds)
- 250g raisins
- 1 CUP (250g) low fat natural Greek style yoghurt
- 2 tbsp (80g) honey
- ½ CUP (125ml) water
- Extra 2 tsp honey for drizzling.

1. Preheat oven to 170°C. Line a square 20cm cake tin with baking paper.
2. In a large bowl mix together the International Protein Naturals Egg Albumen, International Protein Naturals Vanilla SPI, spelt flour, baking powder, oats, pepitas and raisins.
3. Add the yoghurt and honey to the dry ingredients and mix until yoghurt is absorbed.
4. Slowly add the water, mixing quickly until a thick batter is formed.
5. Spoon the batter into the prepared cake tin and spread out evenly.
6. Drizzle the honey evenly over the batter.
7. Bake at 170°C for approx. 20-25 minutes or until a skewer comes out cleanly.
8. Allow to cool slightly on a cake rack before turning out.
9. Slice into squares.





## HIGH PROTEIN RASPBERRY MOUSSE

150g frozen raspberries (thawed) or fresh raspberries  
 1 cup (250g) low fat natural Greek style yoghurt  
 2 tbsp (80g) honey  
 2 SCOOPS\* (60g) International Protein Naturals Vanilla WPI  
 50ml water  
 2 tsp (10g) gelatine  
 ½ SCOOP\* (10g) International Protein Naturals Egg Albumen  
 2 tsp (10g) granulated stevia (for baking)  
 1 tbs (20g) coconut sugar  
 50ml water

\*use the SCOOP from inside the  
 International Protein Naturals  
 Protein products



1. Combine the raspberries, yoghurt and honey in a bowl.
2. Stir in the International Protein Naturals Vanilla\* WPI
3. In a microwave proof bowl, soften the gelatine in 50ml of water. Heat in the microwave (30 seconds) to dissolve the gelatine.
4. Allow gelatine mixture to cool slightly before adding to the raspberry mixture. Stir to combine.
5. Place the 50ml of water in a clean bowl.
6. In a small container, mix together the International Protein Naturals Egg Albumen, stevia and coconut sugar.
7. Whisk the egg mixture into the water and allow to dissolve for 5 minutes before beating with an electric mixer until peaks form.
8. Fold into the raspberry mixture.
9. Spoon mixture into 4-6 small (150ml) moulds.
10. Refrigerate for 2 hours before serving.

NOTE: Mixture can also be used in an ice-cream maker to make a frozen dessert.

\*can use International Protein Naturals Chocolate WPI to make Choc Raspberry mousse

**International  
 Protein** **FOOD FOR  
 GROWTH**

## SAVOURY HERB YOGHURT DIP



200g tub natural Greek style yoghurt  
 1 SCOOP\* (30g) International Protein Naturals ISO-PEA Natural  
 1 tsp chives, finely chopped  
 2 tbsp tabouli salad  
 15g dry roasted cashews, crushed  
 1 tbsp (5g) mixed dried herbs (of your choice)

1. In a large bowl combine yoghurt, International Protein Naturals ISO-PEA Natural, chives, tabouli, cashews and dried herbs.
2. Stir until well combined and the pea mixture is relatively smooth.
3. Serve with chopped raw celery and carrot sticks or with toasted flat bread

NOTE: Except for the Egg Albumen, you can substitute any of the International Protein Naturals Proteins in these recipes to suit your individual Clean Eating needs.



# Age Against the Machine

By Brett Osborn, DO, FAANS, CSCS, & Jay Campbell

An unexamined life can cause as much damage as a poor diet and lack of exercise.

So you've been reading *Iron Man* and training hard for years now, and both your workouts and nutrition are dialled in. Members of the opposite sex are taking notice as your age-group peers slip into indolence and mediocrity. Congratulations! It took dedication, persistence, and laser-like focus to amass that lean muscle.

But there's more to life than exercise and the latest designer protein source. What about the other aspects of your vast life? What are you doing outside of the gym to enhance your vitality, nurture brain development, continue your emotional development, and concomitantly impede the degenerative disease known as 'aging'? Are your habits conducive to optimal health and longevity?

Here are five concepts, that when given appropriate attention, can dramatically improve your health, well-being, and longevity. Each of them demand some time and effort on your part, but will pay back that investment tenfold.

**Sex life:** People crave sexual intimacy. It's built into our genetic machinery. Life often gets in the way, however, and desires sometimes remain unfulfilled amongst partners. Some may be satisfied (literally) with weekly intimacy, others not so much. Regardless, become attuned to this frequency and make every effort to prioritise this often-lost physical aspect of your relationship. If need be, schedule time for sex. Mark your calendar with a weekly 'date night' and allow yourself to be fully immersed in the experience. The moments after sex can be the most intimate, during which you can speak openly about your needs or feelings. It's cathartic.

**Sleep:** The importance of sleep can't be overstated. Obtaining adequate sleep is critical not only to brain but bodily health. Sleep clears the brain of toxic metabolites that are thought to be integral to the genesis of neurodegenerative diseases.

People crave sexual intimacy. It's built into our genetic machinery.





Alzheimer's disease and age-related dementia are associated with sleep deprivation, as is obesity, which is proven to be related to chronically elevated cortisol levels. Poor sleep hygiene will retard your ability to recover from intense workouts. Without adequate sleep, you will fail to make expected gains and bring yourself to the threshold of overtraining. Even a brief foray into this accelerated state of aging, characterised by excessive free-radical release and unchecked bodily inflammation, can set your physical progress back months.

Make an effort to develop good sleep habits. First, shed any resident negative thoughts or emotions that may potentially disrupt your ability to fall asleep. Do not hit the sack harbouring feelings of ill will toward your partner or co-worker. Have something to get off your chest? Don't procrastinate. Do it now! This eradication of consumptive thoughts will dramatically improve sleep induction. Next, disengage yourself from your network. Don't watch TV or browse on your iPad as you drift to sleep. Instead, consider white noise, binaural beats, or sleep meditations to expedite your passage into dreamland.

**Positive mindset:** How do you tackle the rigors of everyday life? Are you focused or easily derailed when faced with multiple tasks? Do you perceive these as impasses or mere bumps in the road? Your response is dictated wholly by perception and attitude. The development of a positive and productive mindset requires practice. It is a learned response to adversity and reinforced by progressive, goal-directed resistance training. We all have bad days during which we feel overwhelmed by negative emotions. Those of us who can override these feelings of negativity, however, choosing instead to be positive and resourceful, will weather the proverbial storm. How do you prepare yourself for a big lift attempt? Do you think of a flower pasture? Doubtful. Most people conjure up images that stir emotions (brain surgeons call this limbic system activation), and use that mental energy to vault performance to new heights. Just watch an elite powerlifter before attempting a new PR.

Apply this same principle outside the gym. Practise channeling negative energy into authoritative action.

Eliminate thoughtless reaction. Life will often deal you a rough hand of seemingly insurmountable obstacles. See these as necessary stepping-stones to success as opportunities for advancement. Eliminate pitiful questions like, "Why me?" or "When are they going to stop doing this to me?" Instead, maintain a positive mindset in the face of adversity. Psychological stress, in addition to being a performance detractor, can also have deleterious effects on your body's biochemistry, compromising your immune system and predisposing you to a variety of ailments.



**Disengage yourself from your network. Don't watch TV or browse on your iPad as you drift to sleep. Instead, consider white noise, binaural beats, or sleep meditations to expedite your passage into dreamland.**

**Stress management:** Life isn't stressful. Life is stress. Ask yourself: are you managing your stress, or is your stress mastering you? A stressful existence accelerates the development of coronary artery, cerebrovascular, and other age-related diseases. Chronic stress kills, plain and simple. And it takes its toll surreptitiously, flying under the radar like a stealth bomber on a

nighttime mission, wreaking havoc on the body without mercy. It is frightfully intangible. Stress is one of those 'silent killers' like hypertension. It should come as no surprise to learn that these two disease states are so often associated with one another.

We challenge you to keep stress in check. Develop a well-conceived plan to address life's curveballs. Execute. Act. Don't react. Engage people who may have had similar experiences. Consider alternate stress management techniques. Meditate, take a nature walk, visit your place of worship, or help someone in need. Pay attention to those things for which you are grateful in this life.

**Optimal hormonal balance:** This is absolutely crucial for any aging man or woman. Without healthy levels of testosterone and estrogen, many will lack energy, focus and vigour, and experience a significant decline in lean body mass. Remember, one's resilience to disease is a function of your muscle mass. It's a fact that men and women face declining hormonal levels as they age. Does the aging process cause testosterone levels to decline, or is the aging process driven, to an extent, by declining hormone levels? No matter. Restoring hormones to optimal levels will dramatically improve mood, focus, and overall performance in many elements of your life. As a hormone-therapy patient and the author of the upcoming book *The Definitive Testosterone Replacement Therapy MANual: Your Blueprint For Body, Mind And Life Optimisation*, I can attest to the improved quality of life from treatment by progressive and well-informed physicians.

All of the described lifestyle factors serve to optimise your biochemistry. Good sleep hygiene and sexual intimacy reduce the damage induced by elevated cortisol. Stress management helps quell bodily inflammation. Same for mindset training. The modalities you choose are personal, whether it is meditation, yoga, counselling, or even riding your motorcycle. If it'll accomplish the goal of mitigating the elements so integral to the aging process, then pursue it. Remember, health and longevity starts from the inside out. Ultimately it boils down to biochemistry. You just have to send your body the right signals. 🧠







# BRINGING THE HEAT

Thermogenic formulas are constantly changing and improving. Check out these next-generation fat-burning ingredients.

By Dr. Jenevieve Roper, Ph.D., CSCS

**T**rying to find a thermogenic that is perfect for you is similar to nailing jelly to a tree. What works for your gym partner may be too harsh for you, or you just may not respond to it. There are so many different ingredients, and each individual has their own biochemical tolerance levels and receptor sensitivity, so finding the right thermogenic ingredient for you is a system of trial and error. Here's a rundown of some of the latest and most promising ingredients to look for that can help you feel the burn and get shredded. You may not have even heard of some of these, but one could be the fat-burning substance that jibes the best with your own system.

It should be noted that most of these supplements are not used by itself for supplementation, but rather are combined in a blend that contains one or more ingredient along with caffeine. In a previous issue, I already examined caffeine and its ability to increase your metabolism; however, when several additional ingredients are added, it is possible that unpleasant side effects—rapid heart rate, anxiety, irritability—can arise if overused. Make sure you always follow the manufacturer's label regarding

use to prevent any unwanted reactions. If you can find the formula that agrees with you, then a good thermogenic product can help you achieve that lean and shredded look you've always wanted.

## Theobromine

Believe it or not, theobromine is found in cocoa and, to a lesser degree, chocolate. In fact, the darker the chocolate, the higher the theobromine content, which is one of the reasons why dark chocolate enjoys a reputation as a health food. One ounce (28g) of milk chocolate has about

**ONE OUNCE (28g) OF MILK CHOCOLATE HAS ABOUT 60 MILLIGRAMS OF THEOBROMINE, WHILE ONE OUNCE OF DARK CHOCOLATE HAS ABOUT 200 MILLIGRAMS.**



## WHAT'S BREWING WITH GREEN COFFEE EXTRACT?

Green coffee extract (GCE) exploded on the scene a few years ago. Derived from unroasted, green coffee beans, it was heralded by daytime talk show host and alternative medicine hype man Dr. Oz as a 'miracle' for fat loss. However, it didn't take long to conclude that the existing trials on GCE were not controlled very well, and the accuracy of the data was cast in doubt. In fact, one of the studies that was published on GCE and weight loss was retracted by the journal due to the accuracy of the data being unclear. As a result of the distorted clarity on whether GCE promotes weight loss, the guest on the episode of Dr. Oz who promoted the unsubstantiated claims was fined by the (US) Federal Trade Commission for nine million dollars.

Let's be clear, GCE may work for some people, but does the effect warrant the hype? Probably not, but it might not deserve all the hate either. The few credible studies that have been published report only a small effect. The bottom line is, like many thermogenics, this one is most likely more effective when taken in conjunction with caffeine and other fat-burning ingredients than as a pure stand-alone supplement.



### **A RECENT STUDY DETERMINED THAT DAILY INGESTION (OF 6-PARADOL) INCREASED WHOLE-BODY ENERGY EXPENDITURE AND DECREASED VISCERAL FAT THROUGH ACTIVATION OF BROWN ADIPOSE TISSUE.**

60 milligrams of theobromine, while one ounce of dark chocolate has about 200 milligrams. It has similar effects to that of caffeine in that it increases your metabolism, but to a lesser extent. However, it's more widely known as a diuretic and used to treat high blood pressure. It's even been shown to mitigate the symptoms of asthma.

Theobromine research has provided modest yet positive results regarding its use as a fat burner. In fact, it's been shown to significantly reduce body fat when combined with regular exercise. Additionally, theobromine has also resulted in improved blood lipid profiles. This is done by theobromine attaching to certain receptors that activate pathways leading to lipolysis (fat breakdown). Although it boosts the metabolism to a lesser extent than caffeine, it does stimulate the heart to a greater degree. It's possible to feel like your heart is racing while supplementing with it.

Currently it is recommended that users consume approximately no more

than 1,000 milligrams of theobromine each day. You should probably start out with a smaller dose, just as you would with any other thermogenic, and work your way up to larger doses; although, don't consume over 500 milligrams in a single dose. You can purchase it in a pure form or in a supplement.

#### **6-Paradol/Grains Of Paradise**

Grains of paradise is a botanical from West Africa that derives from the ginger family. It has recently been receiving attention because a few celebrity chefs use it in place of traditional black pepper to flavour certain foods. From it, the principal ingredient that is extracted is called 6-paradol. Although research is still emerging, it is believed that 6-paradol increases thermogenesis.

A recent study determined that daily ingestion increased whole-body energy expenditure and decreased visceral fat through activation of brown adipose tissue. Brown adipose





# Wet'n'Wild

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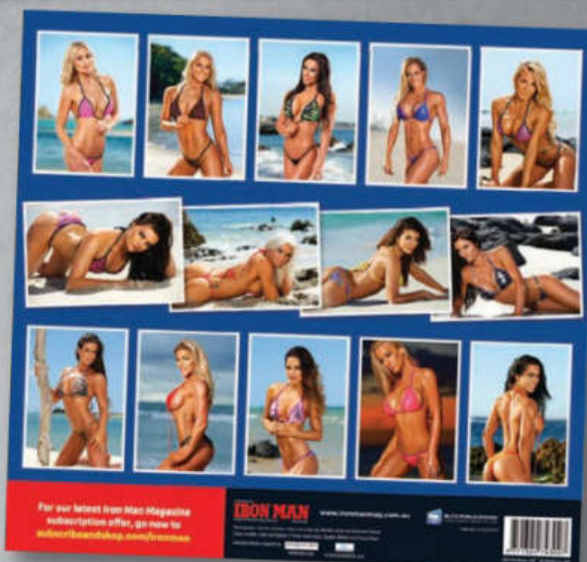
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**A REVIEW OF 20 DIFFERENT STUDIES DETERMINED THAT CAPSAICIN RESULTED IN INCREASED ENERGY EXPENDITURE, INCREASED LIPID OXIDATION, AND REDUCED APPETITE.**

tissue is thought to be metabolically active and is particularly active under cold stress. Upon activation, it increases your metabolism to increase heat production.

Research has shown that approximately 30 to 40 milligrams per day resulted in an increase in energy expenditure. Because it's a spice, you can use it on your food in place of pepper, and you can take it in several popular supplements, as more companies are incorporating it into their thermogenic formulas.

### Rauwolscline

Rauwolscline is an extract from a specific type of shrub. It's very similar to yohimbine in that it works as an antagonist to certain receptors. Essentially it blocks the specific receptors, which results in the release of nitric oxide and norepinephrine. (Because of this, it can increase blood pressure and heart rate, and is thus classified as a central nervous system stimulant.) These receptors are located on fat cells, and

when rauwolscline attaches to these receptors, it causes the release of stored fat.

Very few studies have investigated the effects of rauwolscline by itself; however, several studies have shown that ingestion of it as part of a supplement blend results in reduced body weight and body fat percentage. It's uncertain whether rauwolscline was the main cause of the weight loss because it was used in conjunction with other ingredients; however, a supplement that contains only yohimbine and rauwolscline reportedly results in fat loss


and appetite suppression. More studies are needed to determine its effectiveness, but reports from users are promising.

Determining an effective dose of rauwolscline has been difficult for researchers. Because it is very similar in structure to yohimbine, recommendations on dosage are similar to that of yohimbine. Experts recommend that you ingest no more than 0.2 milligrams per kilogram of body weight, although less may be used to obtain the desired effect.

### Capsaicin

Capsaicin is an active chemical in chili peppers. It produces a burning sensation with any tissues it contacts. If you've ever peeled a green chili without gloves on and then rubbed your eyes, you know what I'm talking about. But even more, capsaicin is one of the more widely researched ingredients to be used in dietary supplements for weight loss. The mechanism of action is unclear, but it appears that it may increase metabolism by activating brown adipose tissue.

Recent research has shown that ingestion of 135 milligrams of capsaicin per day increased fat oxidation compared to a placebo. Further, a review of 20 different studies determined that capsaicin resulted in increased energy expenditure, increased lipid oxidation, and reduced appetite. They also found that regular ingestion resulted in reduced belly fat.

Since capsaicin is considered an irritant, it is possible that too much ingested at a time can cause some unwanted side effects. Experts recommend you ingest no more than 500 milligrams in a single dose, but most products that contain capsaicin keep the dosage relatively low and spread throughout the day. Capsaicin can be bought as a cayenne pepper extract, which limits a single dose to 500 milligrams. 





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## ARNOLD WILL BE THERE – WILL YOU?

# IRAE OF LIGHT

**WWE Diva Summer Rae sheds her villainous persona to talk about fitness, fame and the best fans in the world.**

By Dr. Cat Begovic  
Photography by Sarah Orbanic  
SPECIAL THANKS TO WWE

Summer Rae, one of the WWE's most infamous and devious Divas, is known for using her good looks and insanely long legs to distract her male opponents and wow the crowd. She stirs up the drama on the reality TV show *Total Divas*, but behind that perfect blonde hair and sequined costume is Danielle Moinet, a multi-talented and unbelievably sweet woman. I sat down with this beauty over sushi and learned more about her inspirational journey and passion for fitness.

**Dr. Cat Begovic:** I know our readers are dying to get to know you, so let's start with a little about your background.

**Danielle Moinet:** My dad is French and my mom is British. I'm the first person in my family to be born in the U.S. I was born on Long Island but moved to North Carolina at a very young age. I grew up in Raleigh, North Carolina, and attended East Carolina University. I'm the first person in my family to graduate from college.

**CB:** How did you end up in Chicago?

**DM:** I had a desk job out of college and I remember sitting in front of a computer screen for 50-plus hours a week and thinking, "This can't be the rest of my life!" So I picked a city and moved my whole life to start fresh. I had never been to Chicago and didn't know anyone there. Actually, I hadn't even seen much snow before that! It was a scary step, but no one is going to live your life for you! If you want change, then change it!



Location Shoot: 220 Fitness, Santa Monica, CA





## HARDBODY

**CB:** How long have you been a fan of WWE?

**DM:** I've always been a wrestling fan. Growing up it's what my dad and I did on Saturday mornings. We watched wrestling! When I was living in Chicago, I would tell my friends I couldn't hang out with them on Mondays because I had to watch *Monday Night Raw* live! When I'm backstage I still watch it and enjoy it as a fan!

**CB:** How did you break into the WWE?

**DM:** I was working at a Chicago Wizard World Expo, and I heard that some WWE superstars were there. Being a WWE Diva was always a dream of mine, but I honestly I didn't know if it was attainable. There are only 14 girls currently on the roster, so it's super-competitive. I ran over to talk to them and told them how much I wanted to be a part of it. Then I bought tickets to a *Monday Night Raw* show and I reached out to them, and they helped me set up a meeting. I went to the show early and was given a few minutes with the talent director and Triple H. I only had a couple minutes with them face-to-face, so I had to make it count! A month later, I was flying down to Florida for my tryout!

**CB:** I heard the WWE training camp is super intense. What was it like for you?

**DM:** It's so overwhelming at first and physically tough of course, but mentally draining as well. We would train in the ring four days a week for hours and hours, then straight to strength and conditioning. It was really challenging, but almost all of the WWE Divas have gone through it. We've survived the hard days and all the ups and downs, and it brings you together.



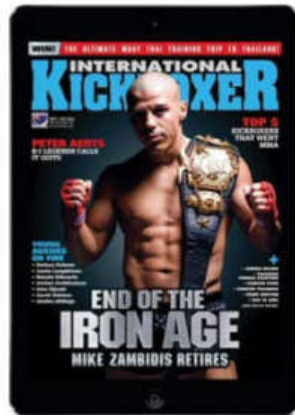


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*I'M ABLE TO BE A ROLE MODEL FOR PEOPLE AROUND THE WORLD, AND THAT'S SO IMPORTANT TO ME. WWE HAS AN ANTI-BULLYING CAMPAIGN CALLED "BE A STAR" WHERE WE GO TO SCHOOLS ACROSS THE COUNTRY AND TALK ABOUT THE IMPORTANCE OF SHOWING TOLERANCE AND RESPECT.*

My training and my time in development molded me into who I am today, so I wouldn't trade that for anything.

**CB: What is the greatest thing about being a WWE diva?**

**DM:** The greatest thing is the platform we are given, and utilising that to make a positive impact. We truly have the best fans in the world, and our product reaches so many households and families. I'm able to be a role model for people around the world, and that's so important to me. WWE has an anti-bullying campaign called 'Be A Star' where we go to schools across the country and talk about the importance of showing tolerance and respect. Being able to work in the community like that is one of the best parts of the job.

**CB: What's the hardest thing about your job?**

**DM:** I love travelling, but one of the hardest things is being away from family and friends. Being on the road almost 300 days a year, you don't really have a home. I like to call my house my storage unit.

At times I miss that normalcy, but I think if I did have a normal life, I would probably be bored.

**CB: Do you enjoy all the attention?**

**DM:** It's funny, but being recognised is weird for me. To be completely honest, I still kind of don't get it. I'm just me! If I'm at a big event like a football or basketball game, getting recognised gives me anxiety. I'm more than happy to take a picture and meet people, but when a group of people becomes a crowd I start freaking out. I'm perfectly fine with flying under the radar!

**CB: How did your passion for fitness start?**

**DM:** Well, you can say I was a late bloomer. In middle school I got picked on a lot for being thin. I didn't have my first boyfriend until almost high school graduation. That's right, no one asked me to prom! In Chicago, I didn't have a car, so I walked everywhere. I started seeing changes in myself and then I started getting into weight training. I would see results and want to know why and how I could build on that. I was like a sponge!

**CB: What's your training schedule like?**

**DM:** I lift four days a week, and on my fifth day I do HIIT if I have time. I try to do intense cardio twice a week, but because of my schedule I sometimes have to do it on a lift day. SoulCycle is my new favourite! I'm pretty obsessed with it, as we just got it in Chicago. I love the positivity in the class and the loud music. If I'm going to do cardio like that for an hour, I need someone yelling at me and pushing me!

**CB: What's your diet like?**

**DM:** Right now I'm eating the most I've ever eaten and I'm the leanest I've been in years! Alex Carneiro [IFBB Physique Pro] wrote me a meal plan at the beginning of the year, and I have learned so much since! Generally speaking, I count my macros and I have a goal every day to reach. I get so busy with TV that I actually undereat a lot of the time. I eat three meals a day with two snacks in between. So five meals total, with lots of water.

**CB: How do you stay in shape on the road?**

**DM:** The first thing I do after travelling is Google the nearest gym. I get in a good



## SUMMER RAE

**Name:** Danielle Moinet

**Profession:** WWE Diva, actress

**Height:** 5'10" (178 cm)

**Weight:** 133 lbs (60 kg)

**Age:** 31

**Status:** Unmarried

**Lives:** Chicago; from Raleigh, North Carolina

**Likes:** Fitness, music, football, the beach, and wrestling

**Dislikes:** Smoking, snakes, spicy food

**Favourite vacation spot:** Anything tropical

**Listens to:** Literally everything — punk rock, metalcore, pop, soul, R&B, rap, country

**Latest book read:** *House Of Leaves* by Mark Z. Danielewski

**Favourite quote:** "Speak it into existence."

**Favourite workout song:** '2nd Sucks' by A Day To Remember

**Favourite cheat meal:** Pasta, pizza, and everything chocolate!

**Favourite clean meal:** Breakfast — three egg whites, one whole egg, oatmeal and strawberries

**Favourite exercise:** Deadlift

**My charity:** The Dean Thomas Moinet Foundation

@RealSummerWWE

@DanielleMoinet

workout, then I get to the arena and have my match. Sometimes we don't get to the next city until four a.m. but I'm up at nine a.m. to hit the gym. This year I started ordering my food from ICON Meals and having them deliver it to me on the road. I can customise my meals to my personal plan. Bringing my food on the road has changed everything for me.

**CB:** How do you differ from your character, Summer Rae?

**DM:** Summer Rae is flat-out nasty! She's mean and conceited and will stab you in the back in a heartbeat. That couldn't be further from the truth for me. I treat others how I want to be treated, and that's something my parents have always taught me. The best compliment I receive nowadays is that I haven't changed. I am the same person I was before all of this, and that's huge because so many people change once they become a public figure.

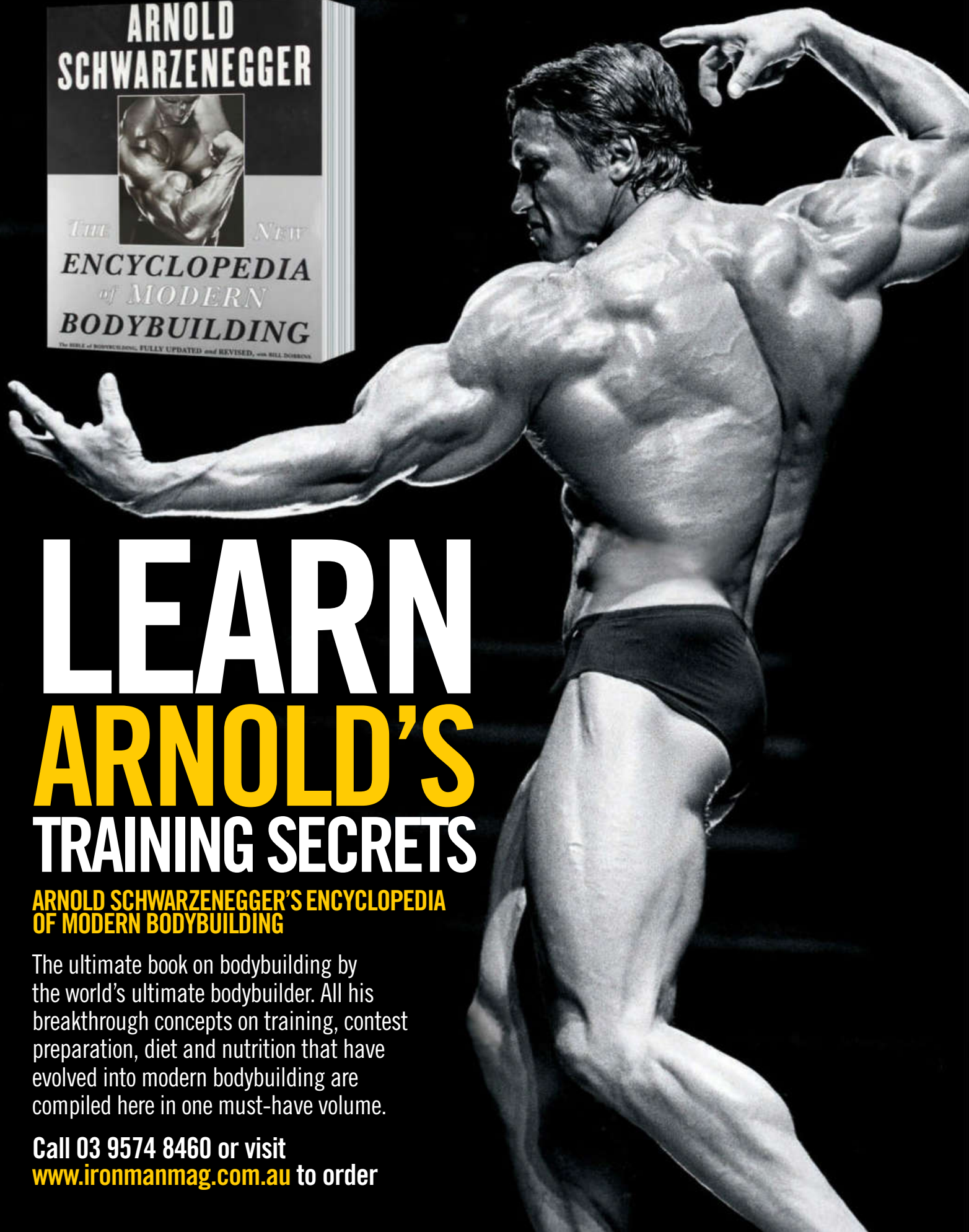
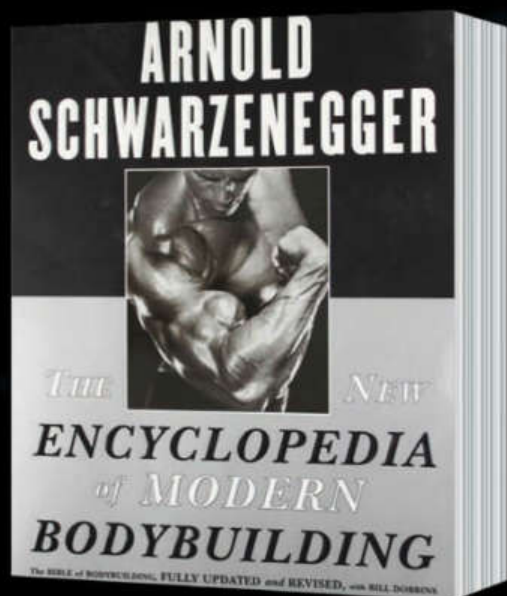
**CB:** Are your fans surprised when they meet you?

**DM:** Fans are shocked when they meet me! You never got to see who I really am on *Total Divas*, and I'm certainly not the diva I play on *Raw* or *SmackDown*, so fans are surprised. I take it as a compliment when people say, "Wow, you're so nice!" I kind of wish everyone knew the real me, but I guess it makes my job of being a TV bad guy easier!

**CB:** What does the future hold for you?

**DM:** My career with WWE is important to me. Every day I try to get better and work on my skills. We have the best fans in the world, so I hope to make them proud. I love connecting on social media with others who are into fitness — so tweet me! Also, my family has a charity is North Carolina for medically fragile children, so I'm looking to volunteer as much as possible. The Dean Thomas Moinet Foundation is a great cause, so I want to help with events!





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# Muscle Movie News

By Clint Morris

## R.I.P. ROWDY RODDY PIPER

Wrestling superstar and actor Roddy Piper has passed. He was 61.

The *They Live* star passed away due to cardiac arrest on 31 July in his Hollywood home. One of the most controversial, lively and entertaining figures in pro-wrestling in the '80s, the Canadian — billed as 'Rowdy' Roddy Piper throughout his sports career — was best known for his in-ring clashes with Hulk Hogan.

In 1988, Piper starred in John Carpenter's science fiction film *They Live*, cementing himself an acting career. Carpenter said, "He was an underrated actor and just a marvellous entertainer and I feel like I've just lost one of my close friends."

Piper's other screen credits include *Immortal Combat*, *Body Slam*, *Hell Comes to Frogtown*, *Pizza Man* and *Urban Legends: The Ghosts of Goldfield*.



## PRISON BREAKING AGAIN

The *Prison Break* reboot is officially on. Despite what happened to one of them in the finale, brothers Lincoln and Michael will both be back to front the limited 10-episode event series.

"It's going to bring back both brothers, [played by] Wentworth Miller and Dominic Purcell," FOX Chairman and CEO Gary Newman said at the Television Critics Association Awards in August. Co-chairman and CEO Dana Walden added, "I would describe it as a bit of a sequel. It picks up the characters several years after we left them in the last season of the show. The brothers will be back. Some of the iconic characters from that show will be back. I don't think [exec producer]

Paul [Scheuring] knows exactly where he's going over the 10-episode arc, but it definitely will address some questions that were set up at the end of the series for a new audience.

"This is the pure vision of the creator of the show," Walden continued. "It's going to take a little bit of a detour from where we left off [with the straight-to-DVD coda], but it should feel very satisfying and eventised. Fans will be excited about seeing these characters back together again."

So how does Michael live? "What [Paul] pitched to us was a very logical and believable — in the world of *Prison Break* — explanation for why our characters are alive and still moving around the world."



## BAD AND BADDER

Seems talk of a *Bad Boys 3* has resulted in a bona fide work-in-progress project.

Sony released their upcoming release schedule and in it were dates reserved for not only a *Bad Boys 3* but a *Bad Boys 4*, too.

Will Smith and Martin Lawrence are expected to reprise their roles from the first two, released in 1995 and 2003 respectively, with Jerry Bruckheimer back in the fold-up producer's seat. The third *Bad Boys* movie will release in 2017, while *Bad Boys 4* is expected to hit two years later.

## WOLVERINE HEADED TO AUS?

There's a fairly good chance that the next *Wolverine* movie may — like the first two films in the series — shoot in Australia, but star Hugh Jackman remains non-committal at this stage.

Speaking to *The Herald Sun's* Confidential, the Aussie actor would only say "Maybe. I don't know. We'll see." The new movie, which will reunite Jackman with his *X-Men* co-star Patrick Stewart, will be his last hurrah as the superheroic Wolverine.





## HOUSE OF CANDY REBUILT

Award-winning commercial director Bruno Aveillan will make his feature directorial debut with Paramount's *Hansel And Gretel: Witch Hunters 2*. Producers are Adam McKay, Will Ferrell and Kevin Messick of Gary Sanchez Productions and Beau Flynn of Flynn Picture Co.

Tommy Wirkola wrote and directed the original, which starred Jeremy Renner and Gemma Arterton as witch-hunting siblings Hansel and Gretel. Set 15 years after the mythic Hansel and Gretel incident at the witch's gingerbread house, the siblings are now specialised bounty hunters.



## CHANNING'S BIG GAMBIT PAYS OFF

Channing Tatum has officially closed a deal to star in and produce Fox's *Gambit* film despite rumours that the star was ready to pull out of the X-Men character's project.

According to the trades, "Tatum and the studio did hit a sensitive spot in negotiations, but such back-and-forth is a normal part of top-level talent deal-making."

Production is set to kick off this October with Rupert Wyatt at the helm.



## ANOTHER SUPERHERO ON TV

Falk Hentschel (*White House Down*) will play Hawkman, a.k.a. Carter Hall, on *Arrow* and its spin-offs. Hentschel's deal encompasses appearances on both *Arrow* and *The Flash* and, ultimately, DC's *Legends of Tomorrow*. Hawkman's appearance on the former two shows serves as somewhat of a backdoor pilot to help establish *Legends*.

*Legends*, which also stars Brandon Routh, Victor Garber, Wentworth Miller and Dominic Purcell, will premiere mid-season.



## DEADPOOL SEQUEL TALK

With Tim Miller's *Deadpool* already snaring a colossal pre-release fan base, it's no surprise to hear the creatives are already talking sequel. One character Miller says he'd like to include in the follow-up is Cable, the leader of the 'X-Force' team.

"We had [character] Garrison Kane in there for a while, but in the final round of budget cuts we had to take him out, because he was a pretty expensive dude," the director said recently. "He's got these bionic arms that change shape; he would have been a visual effect for a large part of the movie. And as it turned out, a visual effect too far. I went through the list of Marvel characters and picked a few others I thought could be visually spectacular and fun. And at the end of that list was Negasonic. Her name was cool, and we kind of wanted a straight-man to play against Colossus."

"We thought about Cannonball, but he would've been a stupid hick character, whereas the guys wrote Negasonic as this deadpan goth teen, which was a great angle. She turned out really well. There aren't really many definitive *Deadpool* villains, apart from Cable. If we don't put Cable in *Deadpool 2* I think we'll be run out of town on a rail."

*Deadpool hits cinemas in February.*



### THE ROCK TO RETEAM WITH PEYTON

Dwayne Johnson may be set to reteam with his *San Andreas* director Brad Peyton.

Peyton is in talks to direct New Line's video game film *Rampage*, with Johnson attached to star. Peyton will also produce with *San Andreas* producer Beau Flynn and John Rickard. Jeff Fierson is executive producer; Ryan Engle penned the screenplay.

The live action film adapts the 1980s Midway arcade game about three giant monsters (a gorilla, a lizard and a wolf) who wreak havoc on major cities and landmarks across North America. Johnson will play the man who stands in their way.




### AT THE CINEMA

#### MISSION: IMPOSSIBLE — ROGUE NATION (Paramount)



There's no stopping the *Mission: Impossible* franchise. Whether it's the outlandish and impressive stunts, the undeniable charisma and energy of star Tom Cruise or the change in director — and consequently tone and feel — for each outing, all five films in the series play like fresh, unique offerings that, sequels or not, stand on their own.

This fifth instalment shares the most in common with 2011's *Mission: Impossible — Ghost Protocol*, being that it reunites much of its cast (most notably Simon Pegg and Jeremy Renner) and possesses a similar mish-mash of action and comedy. But writer-director Christopher McQuarrie tops Brad Bird's film by way of a clever, almost Hitchcockian script that boosts the film's appeal beyond the usual action-loving crowd.

In this one, Cruise's Ethan Hunt and his team find themselves the target of a rogue organisation that are knocking off members of the now decommissioned Impossible Mission Force. It's up to Hunt and his diverse band to outsmart the crooks, find some evidence and dazzle the audience with an array of finely choreographed action and fight sequences. Newcomer Rebecca Ferguson provides herself a worthy match for Cruise as the mysterious, tough-as-nails agent who may or may not be on the IMF's side. You're guaranteed a great time here. 



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## Stress, Supps and Training

By Ingrid Barclay

Stress can wreak havoc on your ability to recover from hard training. Ingrid discusses the best methods to deal with stress and keep your training progressing.

**Q: Lately I have felt a bit rundown and can't seem to get on top of things. I really don't want to take any time off training if I can avoid it. I am pushing through but it's beginning to affect my mojo. I know there are certain stages of stress but could you please outline them? I would like to know where I 'fit in'.**

**A:** Firstly, I think that everyone who trains should have a basic knowledge of the stages of stress so that they can recognise the signals their bodies are sending to them. That way you know how to troubleshoot yourself. In the 1940s, an Austrian-Canadian scientist by the name of Hans Selye formulated a theory on stress and how our bodies adapt to it. Much of his work can translate across to bodybuilding. His theory, general adaptation syndrome (GAS), states that any stress (called a stressor) can have a profound effect on the body. A stressor is something that disrupts the homeostasis of the body, the day-to-day balance of the body. It could be a cold, an infection, too many working hours in a given day or an argument with your boss. The stages are the alarm stage, resistance development stage and exhaustion stage.

The alarm stage is the initial response to the stressor. Physiologically, the body reacts to the stress with physical symptoms that occur due to the demand of the stressor. A person experiencing a tremendous amount of stress at work may develop symptoms like acne, his or her hair may begin to thin or they may sweat more frequently. The beginner weight trainee's stressor is the weights they use. This stress will manifest in symptoms of being tired, extreme muscle soreness and initially a little increase in strength.

In the resistance state (sometimes called the rebuilding stage) the body adapts to the stressor. The signs such as DOMS or lethargy become dramatically less severe as the body attempts to recover and adapt to the stressor. It is during this time that

Once the exhaustion stage is reached, the single best way to overcome it is to take some time off training.



Michael Neveux



muscles adapt to the work placed upon them and your body begins to grow. Here is where you must be smart and progress at your own pace in order to be successful in bodybuilding, especially in the long haul. If your training is not progressive, slowly over time, then your gains just won't be as great as what they could be. The stressor must be continually changing over time to keep the body 'off guard', out of balance and not in a homeostatic situation. In order to build muscle, the stressor must be gradual enough to allow the body's resistance stage to take place. Doing the same old workout over and over, long term, fails as a workout protocol because the body will adapt completely to the stressor. While complete adaptation is good — it means you you're recovering — the stress must change to cause continual resistance and growth. The resistance stage also allows the body to recuperate and rebuild from the stressor.

The exhaustion stage is the stage all bodybuilders/trainees want to avoid. It is the body's inability to cope with the stressor. It is where the resistance stage is effectively bypassed and muscle growth becomes an impossibility. Too much stress causes the body to fail in the resistance stage. Instead of having the energy and ability to recover, the body fails and becomes sickly. Not sickly as in you are flat out in bed. Rather, it is manifested in other ways that we don't even think of as relating to our training.

In this stage, we cannot gain any strength and cannot recover from the workouts we are imposing on ourselves. Instead of growing, the body regresses. The stress to bypass the resistance stage and initiate the exhaustion stage can be either acute or chronic. Acute training stress occurs when a beginner bodybuilder trains with or like a professional; the professional-type workload is too overwhelming. Chronic training stress occurs in beginner athletes and especially professional trainees. Professional bodybuilders train more often and harder than beginners, using more load, more intensity and often more volume. They have conditioned themselves to push as hard as humanely possible in practically every workout. Their resistance and ability to adapt to the stress of training has improved

Hack squats can help you with your quad sweep.



Michael Neveux

over time. To continue to grow, the stress must be higher and higher.

While these workouts stimulate the body to grow, chronically over time, their resistance slowly begins to be overwhelmed by the stress (alarm) of training until the exhaustion stage is reached. Once the exhaustion stage is reached, the single best way to overcome it is to take some time off training, and one-to-three sessions is not enough. At Body Conquest, if I think someone is truly in this stage, I ask them to take a week off and sometimes even 10 days. When you do come back to training, you will need to come back at a slower pace. Actually, I hope you read the question on page 139 because addressing glutamine would also be advantageous for you regardless of which stage you feel you might be in.

**Q: Would you be able to provide a new program to address my weaknesses? Firstly, I need to bring my chest up. My biggest issue with heavy presses is my lockouts. I constantly have to rack on the middle rack because I often can't finish the movement when going heavy. I would also like to bring up my glutes and quads, and develop more of an outer sweep, as this is my quad weakness. Finally, my right triceps is significantly weaker than my left. I know that is quite a few issues but any help would be greatly appreciated. I usually like to train five times a week.**

**A:** On page 138 I've provided a program that looks at each of the issues you have raised and addressed them one by one. I have done a split program broken down into five days,

**Program Target: Chest/Glutes/Quad Sweep and Triceps****Day 1: Back, Biceps and Glutes****EXERCISE**

Deadlifts  
 Low-rack deadlifts  
 Seated rows (reverse underhand grip)  
 One-arm row  
 Standing barbell curl  
 Cable high curls  
 Dumbbell Arnold curls  
 Step-ups weighted (barbell)  
 Barbell hip thrusts

**SETS/REPS**

5 sets of 12  
 3 sets of 10  
 3 sets of 15  
 3 sets of 15  
 4 sets of 15  
 3 sets of 10-6  
 2 sets of 10  
 4 sets of 15  
 6 sets of 12-8

**Day 2: Chest, Calves and Core****EXERCISE**

Barbell flat bench press  
 Chest lockouts  
 Dumbbell incline flyes  
 Decline dumbbell press  
 Donkey calf raises  
 Single standing dumbbell calf raise  
 Roll back plyo planks  
 Plate plank twists

**SETS/REPS**

4 sets of 12-6  
 4 sets of 5-3  
 3 sets of 12-10  
 4 sets of 12-6  
 4 sets of 15-12  
 3 sets of 10-8  
 3 sets of 15  
 3 sets of 8 (per side roll)

**Day 3: Quads and Glutes****EXERCISE**

Squats  
 Leg press  
 Hack squats  
 Pina lunges

**SETS/REPS**

5 sets of 15  
 4 sets of 15-12  
 3 sets of 15-12  
 3 sets of 15 (all 3 phases)

**Day 4: Hamstrings and Shoulders****EXERCISE**

Romanian deadlift  
 Seated leg curls  
 Single-leg leg curls  
 Seated barbell military press  
 Dumbbell front raises  
 Dumbbell bent-over flyes  
 Side raises

**SETS/REPS**

5 sets of 12-10  
 4 sets of 12-10  
 3 sets of 10-8  
 4 sets of 12-6  
 3 sets of 10-8  
 3 sets of 10-6  
 1 big set 'down the rack'

**Day 5: Triceps, Forearms and Core****EXERCISE**

Close-grip bench press  
 Dumbbell kickbacks  
 Reverse single-cable pulldown  
 Barbell wrist curls  
 Rope cable crunch  
 Decline sit-ups

**SETS/REPS**

4 sets of 12-8  
 4 sets of 12-10  
 3 sets of 12-8  
 5 sets of 12-10  
 5 sets of 15-8  
 4 sets of 15 (can add weight)

working everything, including your forearms! I would work this block for a period of 10 weeks. Always remember that *you* bring the level of difficulty to the program, not the other way around. Also, make absolutely certain you record your weights, sets and reps so that you can ensure progressive overload in each session through the weeks.

**A few program notes:**

- As far as your program goes, I have started you off on a traditional pyramiding system. Why? Because it's tried and tested and clearly works well with just about anyone. Ensure you do a couple of warm-up sets, but your first working set is going off your 12-rep max of that exercise. You will be pyramiding



up in weight and down in reps so that your last set is as heavy as you can go for the number of reps required. Rest time is about 30 seconds between sets 1 and 2, 50 seconds between 2 and 3 and up to 90 seconds for set 4. All the choice, order and body part splits are chosen carefully and everything has its reason — rep range included.

- Chest lockouts will need to be done in the power rack. Set the bar on the safety rails of the rack. Put your bench in the rack and lie back on it. Look to see where the rails would be set if you just want to hit the top two inches of the bench press. Lockouts will get you used to handling *really* heavy loads. They will also strengthen your connective tissue.
- Your body should be locked down on that bench press so tightly that if anyone came along and tried to push you off, they couldn't budge you. And, of course, your breathing is extremely important. Before you lift the bar off the rails, take a deep breath, inflating your lungs as much as possible.
- In this training block, I want you to perform your hack squats with your foot placement inside shoulder-width apart. This will help you with your quad sweep (vastus lateralis).
- 'Pina' lunges (scan the page for video demonstration) are excellent





Acute training stress occurs when a beginner bodybuilder trains with or like a professional; the professional-type workload is too overwhelming.

Michael Neveux

- for working lactate and getting a pump; ensure you do these using a Smith machine or power rack so you can lightly hold onto the bar for balance (do not use your hands to help lift your body)!
- With your side raises 'down the rack', ensure you do between four and five drop sets and pick a weight that you can do between 8-10 reps with in your first set. Absolutely no rest between drops.
- As far as your triceps go, I have kept a big compound exercise in at the start (close-grip bench) but then I have gone with two unilateral exercises so that you can really work your right triceps on its own to improve both strength and symmetry. Ensure you start all of your sets on your weak side.

**Q: I have been told conflicting advice on how to take glutamine — when would you suggest I take it? I weight train four times a week and do one HIIT session of cardio per week. I do tend to recover poorly and I have an extremely stressful career.**

**A:** Glutamine is one of my 'holy trinity' and is a brilliant supplement for many, many reasons. Glutamine is what is known as a conditionally essential amino acid. I think that it almost rivals creatine in its benefits and scientists around the world rate creatine big time. Glutamine needs depend upon your level of stress and activity.

Glutamine comprises more than 50 per cent of all the amino acids floating about in amino acid pools. Think of them as little 'storage locations' if you like, and they release amino acids into the blood when there is a need for tissue repair or hormone production. Originally, bodybuilders began using glutamine before and after training to neutralise the build-up of ammonia, which is a waste product that is detrimental to muscle recovery and growth.

Glutamine is used by the body to 'feed' the immune system, the body's defence system that helps it to recover. Therefore it is really important for gut health, which is a very 'in vogue' topic in the fitness industry at the moment. In immune support, the role of glutamine is replenishment and nourishment. Glutamine is stored in both the amino acid pools and in muscle tissue itself. However, under stressful conditions, glutamine leaves the muscles, and is



Your body should be locked down on that bench press so tightly that if anyone came along and tried to push you off, they couldn't budge you.



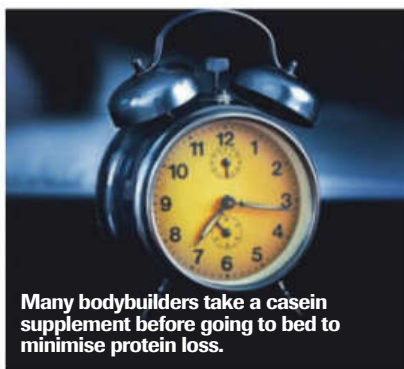
Ensure you start all of your sets on your weak side.

Michael Neveux

sent to the small intestine to support the immune system. This action leaves muscle tissues with a lack of glutamine, therefore growth and repair comes to a halt regardless of how spot-on your nutrition is.

Now the body can replenish these depleted levels by obtaining glutamine from protein foods and from a longer process, which includes the making of a new glutamine from branched-chain amino acids (also common in all protein foods). The bottom line is that in stressful times, the body's ability to replenish muscle glutamine falls short, leaving the muscles 'empty', which sends the body into a catabolic or muscle-wasting state.

One more role that glutamine plays is that it can help suppress or lower the total amount of cortisol circulating the



Many bodybuilders take a casein supplement before going to bed to minimise protein loss.

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body. This is also directly important to you, being in a stressful career, as you probably have high levels of cortisol being released on a daily basis. If you have extreme elevation of cortisol levels, this sets in motion a cascade of

Glutamine is used by the body to 'feed' the immune system, the body's defence system that helps it to recover.



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events that also send the body into a catabolic state, which inhibits recovery and leads to muscle inflammation.

My recommendation would be that you take five grams of glutamine in the morning, five grams in both your pre- and post-workout shake and then again of an evening, right before bed, take another five grams. On non-training days, take seven grams in the morning and seven grams before bed time.

**Q: What's the deal with casein protein powder? I currently only use whey protein isolate. Is there an advantage to using casein instead?**

**A:** Casein is distilled through cheese production and is significantly different from whey protein. Casein digests more slowly than whey. Although this is a disadvantage in pre-workout stage and immediately post-workout, it is an advantage in what is called the 'growth' phase, since casein is able to sustain muscle protein synthesis for a longer period. Many strength athletes and bodybuilders take a casein supplement before going to bed to minimise protein loss during the long overnight fast.

It is also an excellent source of glutamine, a crucial amino acid for strength athletes and bodybuilders (as outlined above).

Two disadvantages of casein, however, are that it has lower concentrations of BCAAs than whey and is more likely to cause gastrointestinal problems in those who are lactose sensitive or lactose intolerant. 

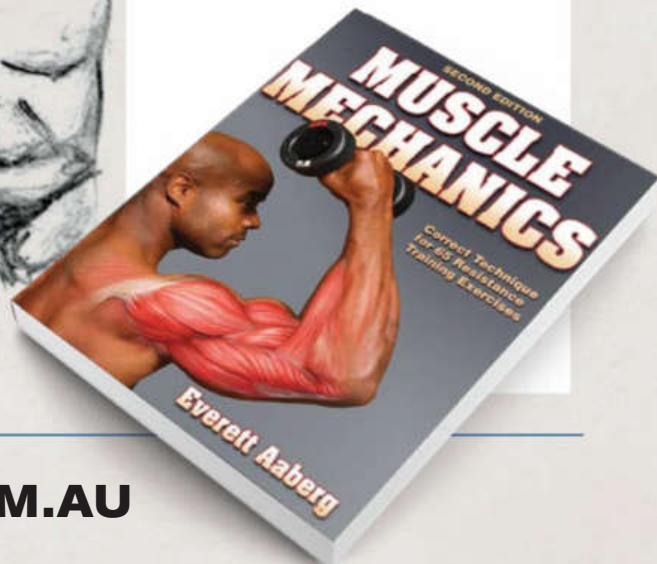


Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of *Go Figure* and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through [ingrid@bodyconquest.com.au](mailto:ingrid@bodyconquest.com.au)



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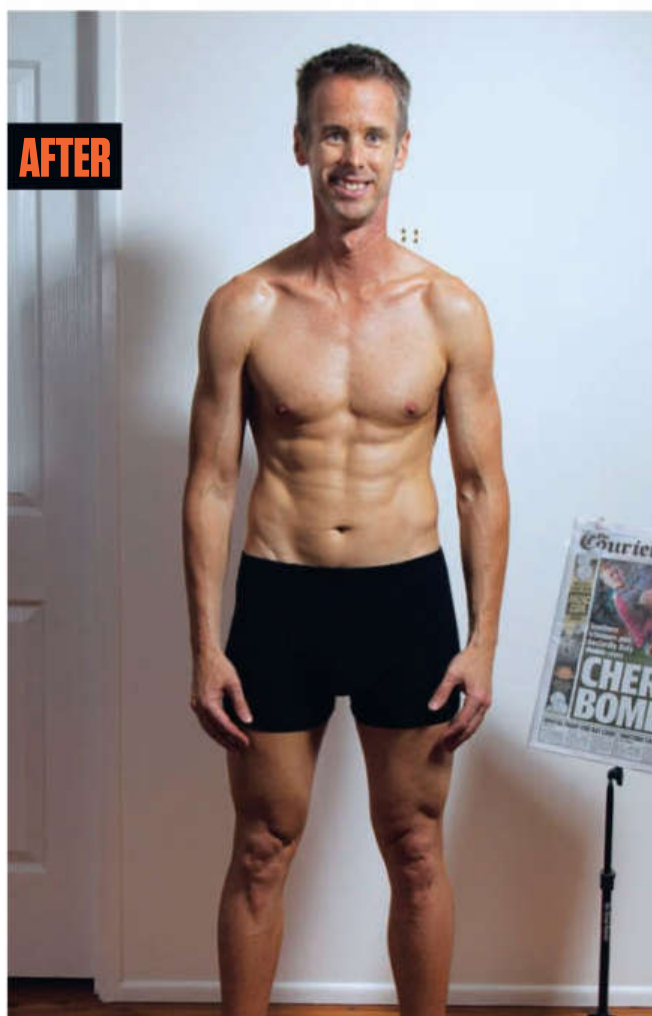
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## Success Through Structure

Adam Rowe entered the BodyBlitz Challenge many times over the past six years, but it wasn't until he came up with a strict plan that he finished and achieved his best results ever.



The BodyBlitz 12-week challenge in 2015 has been the one that I have learned the most from despite entering others over the past six years. Let me tell you the story. You see, I have entered a number of times since 2010 but I don't think I've actually submitted a final entry since 2010. Despite my best intentions, something has always 'gotten in the way'. In 2012, it was because I couldn't work out post-shoulder surgery. In 2013, it was because I got sick. In 2014, it was because I had a

new job and couldn't concentrate on the challenge. Excuse-it-is anyone?

As 2015 began, I was back in a headspace to give it a go — until one week in when I strained my intercostal muscles. This took me out of the gym for another eight weeks — and you know what? In hindsight, that is exactly what had to happen. Because if it didn't happen, I would have just followed the same old exercise program and diet. But I wouldn't know what I now know about nutrition. If I was going to

make any progress in this challenge, it would have to be done on DIET.

The old adage 'When the student is ready, the teacher will appear' was the case for me. I read widely and admit that clicking on links will take you down a few 'rabbit holes' that lead to confusion and misinformation. All that research, however, finally led me to links on articles such as intermittent fasting and carbohydrate cycling — topics I'd previously dismissed and even avoided. I read and read, and finally gave these things a try.





It is worth mentioning here that I have a sweet tooth and willpower isn't always reliable (once again — BEFORE photos). But I feel like I've stumbled across a secret — at least one for me that I'd not identified in previous years: that success in my nutrition could never survive on 'willpower' at all.

## SAMPLE MEAL PLAN

My meals at the end consisted of:

### Monday:

Intermittent fast day

### Tuesday:

Shake day (can contain both protein and carbs)

### Wednesday:

Lower-carb day (lean protein each meal and vegetables)

### Thursday:

Lower-carb day (lean protein each meal and vegetables)

### Friday:

Higher-carb day (lean protein each meal and can have starches)

### Saturday:

Higher-carb day (lean protein each meal and can have starches)

### Sunday:

Cheat day (anything goes)

## MY MEASUREMENTS

	BEFORE	AFTER
Height	185 cm	185 cm
Weight	88 kg	76.6 kg
Chest	99.8 cm	92.3 cm
Waist	92.6 cm	79.8 cm
Calves	38.5 cm	36.8 cm
Arms	31.6 cm	30 cm
Thighs	60.5 cm	57 cm

Actually, I don't think I was ever going to achieve it on willpower. This was about structure first and foremost, with discipline a close second.

I discovered a protocol that had a healthy, sensible but very prescribed daily plan, cycling a variety of day 'types'. My success came from knowing that if it was 'shake day', I could have shakes only. If it was protein and vegetables only, that's what I could have. If it was cheat day —

## SAMPLE WORKOUT

I followed a PDF (Positions of Flexion) routine, trying to hit the muscle from the midrange, stretch and contracted position with four sets in each position generally at a 4-0-1-0 cadence (4X theory).

**Monday:** Chest and biceps

**Tuesday:** Back and triceps

**Wednesday:** Cardio

**Thursday:** Legs, calves and shoulders


**Friday:** HIIT circuits

**Saturday:** Metabolic circuits

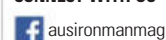
**Sunday:** Rest

woohoo! So, this removed guesswork in a sense, but more importantly it removed me getting in my own way. Of course, it still took discipline but it was very clear what 'good behaviour' was required that day, and there was simply no loophole or way to sneak myself a treat.

It really sounds almost too simple but my gut tells me this is the way forward — for me. Without what initially appeared to be adversity, the injury in the first week, I'd never have stumbled upon the diet protocol that removed the 'excuse-itis' and loopholes and gave me something that I can maintain indefinitely.

I'm proud of my photos and stats; I feel great and for the first time in a long time, I feel like I can maintain my hard work and yet still live a life. More importantly, I'm proud that I persevered and found some of the most important knowledge I've come across in years. 

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**IM**

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# Hannah

Photography by Charlie Suriano

## How did you come to be in the calendar?

After shooting with Charlie Suriano, I was flattered when he asked me to take part in the Wet 'n' Wild calendar!

## Where do you hail from?

Born in Melbourne but raised in the Northern Territory.

## Tell us a joke.

I am the WORST joke teller. I have a sick sense of humour and try not to take anything too seriously! I'm usually that girl giggling during a sombre story.

## What did you want to be when you grew up?

Rich!

## What is your relationship to the fitness industry?

I'm a National Distributions Australia-sponsored athlete and an IFBB bikini competitor.

## You obviously keep yourself in great shape. Tell us about your fitness routine.

I lift weights at least five times a week and try to throw in at least two HIIT cardio sessions a week.

## What's your favourite exercise?

Hip thrusts/glute bridges or walking lunges.

## What's your least favourite exercise?

Walking/running on the treadmill — BORING!

## Do you prefer weights or cardio or do you change it up?

Although I try to change it up, majority of the time you will find me in the weights room.

## Have you ever competed or considered competing in a bodybuilding/fitness comp?

Sure have. My competition history:  
2014 — O'Mara Classic, 1st place Bikini Open, Overall Bikini Champion  
2014 — Fitx, 2nd place Bikini Model  
2013 — Northern Territory NABBA/WFF Championships, 1st place Bikini Model

## Are you strict about your diet or are you a sucker for the bad stuff?

### Do you have a nutrition plan?

I'm a fairly clean eater all round, especially when preparing for a competition. However, I always make time to go and enjoy the occasional sweet treat or glass of wine.

## Do you use supplements?

Of course! I believe supplementation is fundamental for anyone wanting to improve their physique.

## What is your favourite male body part?

Arms!

## What is your own body part that you like the best?

I haven't got a favourite but I love training hamstrings, so I would have to say them!


## What advice would you give to someone wanting to start out in the modelling and fitness industry?

You have to find something you enjoy, whether it's the gym or participating in a sport — if you don't enjoy it, you won't stick to it.

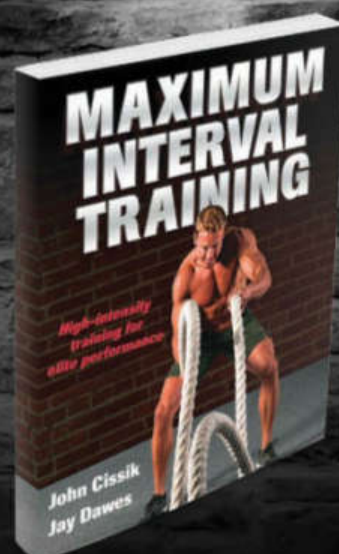
## When you get the opportunity to have some time to yourself, what do you usually get up to?

I'm a massive movie buff and enjoy catching up on the latest films and TV series.

## Who is the person you admire most from the fitness world? Who is your hero?

Amanda Doherty! She is constantly an inspiration of mine when it comes to living a healthy and active lifestyle. 

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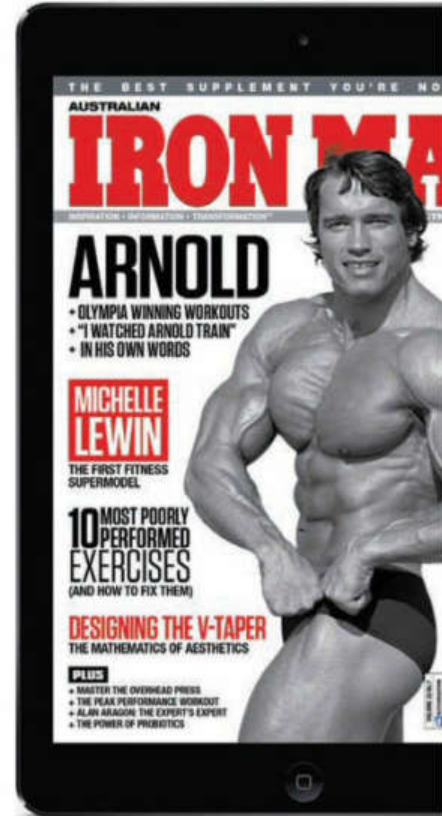
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# IM IRON MAN INTERACTIVE

## WHERE'S THE LEGS?

Are Physique contests the wave of the future? It's impossible to get excited about Men's Physique contests as long as their requirement is to wear board shorts. Do these competitors have legs? We will never know. It is *Iron Man* magazine that taught me that strong legs are a cornerstone of a great physique! In addition, a great physique has a definite flow from head to toe. This is completely obscured by the shorts. Remove the board shorts requirement. Put competitors in posing trunks so we can fully appreciate the beauty and majesty of their physiques.

— Dave K, via e-mail

*We hear this sentiment quite a bit, and we agree, to a point. No one likes to see a muscular torso on top of a pair of Hasselhoff legs. But the idea that Men's Physique athletes don't train their lower bodies is a false premise. All of these guys hit legs. Take a look at the social media of this issue's cover model, Anton Antipov. He posts pictures of his legs and they are serious. Same with Iron Man cover model Jason Poston. These guys might not be doing the legendary workouts of leg icons like Ronnie Coleman or Tom Platz, but they are putting in their hours in the squat rack. We don't know if the board shorts are here to stay in Men's Physique (we don't make the rules for the NPC and the IFBB), but hardcore leg training will always be part of Iron Man. — Ed*



## ALL FITNESS, ALL THE TIME

I have been a long-time reader of *Iron Man*, and I wanted to tell you that I'm so glad the magazine is still presenting real workouts with real athletes. It seems like every other fitness mag just covers pseudo-celebs or WWE wrestlers. Keep on keeping it real and I'll keep reading.

— Brent H., via e-mail

## TIMING IS EVERYTHING

I don't have time to do 90-minute workouts. Please include more fast workouts. Everyone is busy these days. I want to know the best ways to train in 30 minutes or less, and how to have the energy to train after 12 hours of work. I think other readers would like this as well.

— Oscar N., via e-mail

**Got something to say? Email:**  
[ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au)

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## PROUD AUSSIE

So proud to land this cover in Australia — my home, my crew and my country! Thank you to *Australian Iron Man Bodybuilding & Fitness Magazine* and photographer Per Bernal. Honoured for my fellow Aussies to be able to grab a copy and read my story inside; in quest to inspire you all. Keep dominating!

— Sonny Brown, via Facebook



### Terms & Conditions for Guinness World Records 2016 Competition

1. Entry is open to all residents of Australia except employees of the promoter and their immediate families and agencies associated with this promotion. 2. The promoter shall not be liable for any loss or damage whatsoever that is suffered (including but not limited to indirect or consequential loss) or for any personal injury or suffering sustained in connection with any of the prizes offered except for any liability that cannot be excluded by law. 3. All entries become the property of the promoter. 4. The promoter accepts no responsibility for late, lost or misdirected mail or for any prizes damaged in transit. 5. The promoter is Blitz Publications & Multi Media Group Pty Ltd, 1 Miles St, Mulgrave, Victoria 3170. 6. To enter the competition, entrants must tell us, in 25 words or less, which world record they would like to beat. Entries are to be emailed to [ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au) with the subject line 'Guinness' and contain name, address and phone number of entrant. 7. The competition will be judged by the editor of Iron Man Magazine and the most creative answer will be the winner. 8. The value per prize is \$42.99 and there are a total of five prizes to win — total prize pool is worth \$214.95. 9. The competition commences on 14 September, 2015 at 9am and closes on 5 October, 2015 at 5pm, with the winner drawn on 6 October, 2015 at 11am at the office of Blitz Publications & Multi Media Group. The winner will be notified via email and results will be published on [www.ironmanmag.com.au](http://www.ironmanmag.com.au). 10. This is a game of skill and chance plays no part in determining the winner. 11. Prizes are non-transferable or exchangeable and cannot be taken as cash. 12. The judges' decision is final and no correspondences will be entered into. 13. By entering this competition, you consent to Blitz Publications & Multi Media Group Pty Ltd giving your mailing address to product suppliers in the event that you are a winner for the purpose of delivering your prize. Your address will not be used by Blitz Publications & Multi Media Group Pty Ltd or the supplier for any other purpose. 14. By entering this competition, you confirm that you have read the Blitz Publications & Multi Media Group Pty Ltd Privacy Policy ([blitzpublications.com.au/privacy-policy](http://blitzpublications.com.au/privacy-policy)). Your address will not be used by Blitz Publications & Multi Media Group Pty Ltd or the supplier for any other purpose. 15. Should you be selected as a winner of this competition, you acknowledge and agree that no liability attaches to Blitz Publications & Multi Media Group Pty Ltd for any damage to, fault with or issue arising out of the product or prize, either during transit to you, or upon its receipt by you or at any stage thereafter. Blitz Publications & Multimedia Group Pty Ltd will not be responsible for this replacement of the product or prize if any issues arise.



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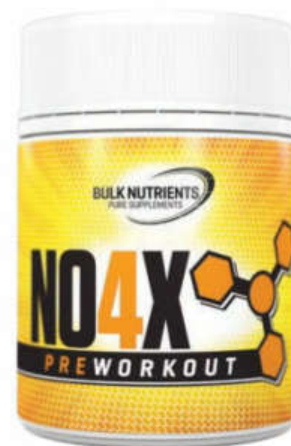
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## Select WPC

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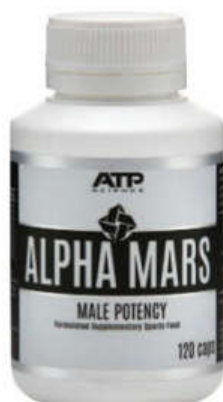
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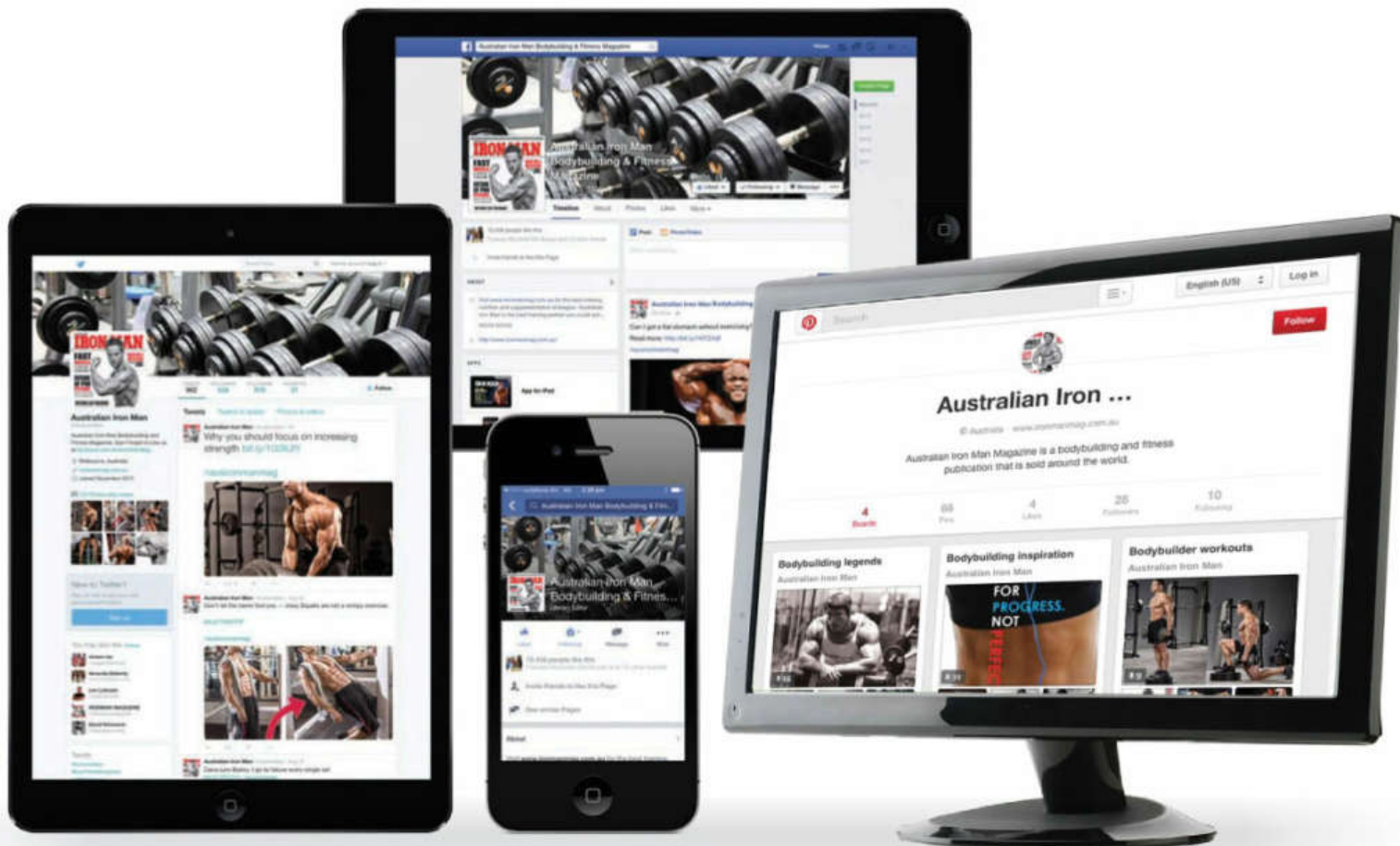
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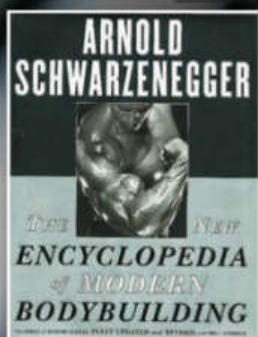
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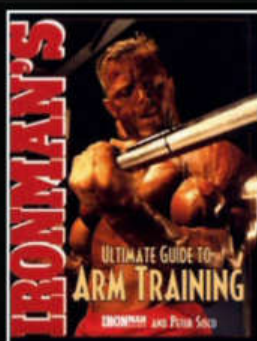
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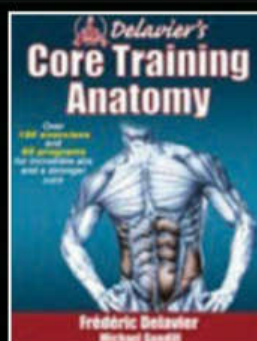
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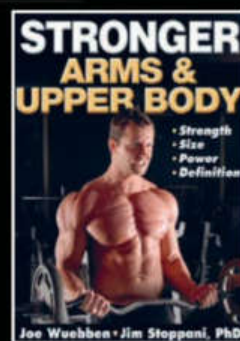
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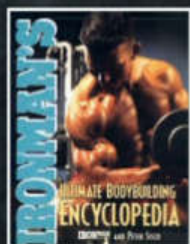
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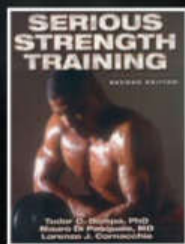


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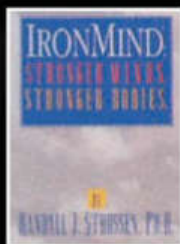
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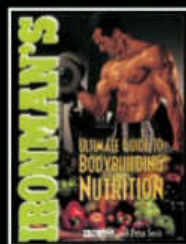
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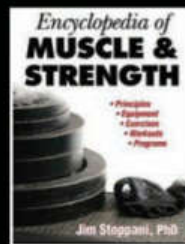
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September	5	INBA Natural Universe	Austin, Texas, USA		0418 166 790
September	5	West Australian State Championships	Kingsway Indoor Stadium	WA	0403 165 496
September	12-13	West Coast Super Show Titles	Convention Centre	WA	0403 165 496
September	12-13	West Coast Super Show Pro Qualifier	Convention Centre	WA	0403 165 496
September	13	South Coast Classic	Woonona Bulli RSL	NSW	(02) 9633 2661
September	13	Defence Force & Emergency Services	Kendron-Wavell Service Club	QLD	0417 255 272
September	19	North Queensland Championships	Townsville Entertainment Centre	QLD	0490 078 844
September	19-20	SA State Titles	Norwood Concert Hall	SA	(08) 8373 0735
September	20	Victorian State Titles	Moonee Valley Race Club (MVRCL)	VIC	0402 555 505
September	20	Tasmanian State Titles	Albert Hall, Launceston	TAS	(03) 6223 6028
September	20	ACT Championships	National Convention Centre	ACT	0403 147 999
September	26-27	Queensland State Championships	Sleeman Centre Chandler	QLD	07 3265 3553
September	27	NSW State Championships	Sir John Clancy Auditorium	NSW	(02) 9633 2661
September	27	Northern Territory Titles	Darwin Entertainment Centre	NT	(08) 8941 0777

NABBA/WFF [www.nabba.com.au](http://www.nabba.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	12	Bendigo Classic	Capital Theatre, Bendigo	VIC	Daniel Lancefield, +61 407 889 560
September	12	South Australian Championships	Norwood Town Hall	SA	Funlife, 8264 3918/Southbound, 8387 3433
September	26	West Australian Championships	Vasta Club	WA	Adam, 0419 048 196/Tony, 0419 048 847
September	27	Queensland Championships	Twin Towers Services Club	QLD	Mark Ryan, 0413 743 520 mark@nabbaql.com.au
October	4	Victorian Championships	Darebin Arts and Entertainment	VIC	Daniel Lancefield +61 407 889 560
October	11	NSW State Titles	Burwood RSL Club	NSW	Con, 0420 947 346/Paul, 0418 410 005 nabbawffnsw@gmail.com
October	18	Australian Championships	Darebin Arts and Entertainment	VIC	Daniel Lancefield, +61 407 889 560
November	7	WFF World Championships	Pretoria, South Africa		Graeme Lancefield, +61 408 350 983

Fit Athletic Physiques [www.fitap.com.au](http://www.fitap.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	26	Victorian Championships	Phoenix Park Community Centre East Malvern	VIC	fitathleticphysiques@gmail.com.au or 0478 058 970

ANB [www.anb.com.au](http://www.anb.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
September	6	ASN Newcastle Northern Classic	Panthers Club, Newcastle	NSW	Robert Powell 02 9630 0338
September	13	North Queensland Naturals	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323 anbnorthqueensland.com.au
September	13	ANB Canberra Championships	Australian Institute Sport	ACT	Matt 0432 273 822, asncanberra@hotmail.com
September	19	ANB WA Mayhem	Joy Shepherd PAC	WA	David Salamon 0426 263 655
September	20	QLD Bodybuilding, Figure & Fitness Model Titles	Southport Sharks, Southport	QLD	Raylene 02 9639 0338
September	26	NSW Central Coast Natural Physique Titles	Impact Centre, Erina	NSW	Mick Moss 0412 656 548,
September	27	ANBSA Revolution	Scott Theatre, Adelaide Uni	SA	David Salamon 0426 263 655, anbsa.com.au
October	3	Natural Swimwear & Fitness Model Championships	La Trobe Uni, Union Hall, Bundoora	VIC	Maria McCarter 0417 055 922
October	4	Victoria State Bodybuilding & Figure Competition	La Trobe Uni, Union Hall, Bundoora	VIC	www.anbvictoria.com.au
October	10	Australian Oxygen Fitness & Model Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338
October	11	Australian Bodybuilding & Figure Championships	Marconi Club, Bossley Park	NSW	Robert Powell 02 9630 0338

IFBB [www.ifbbaustralia.com.au](http://www.ifbbaustralia.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
October	4	Victorian Championships	TBA	VIC	Tony Doherty, tony@dohertysgym.com
October	11	West Australian Championships	TBA	WA	Mike O'Mara, 0414 443 254
October	18	Country Classic NSW	Bomaderry Bowling Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
October	25	Queensland Championships	TBA	QLD	0410 403 530 or carole@ifbbaustralia.com.au
November	14-15	NSW Championships for Men and Women	Cronulla Sharks Club	NSW	0410 403 530 or carole@ifbbaustralia.com.au
November	22	South Australian Championships	TBA	SA	Grace and Andrew Crawford, 0416 304 260
November	27-29	Amateur Olympia and National Championships	Gold Coast Convention Centre	QLD	0410 403 530 or carole@ifbbaustralia.com.au

WBFF [www.wbffshows.com.au](http://www.wbffshows.com.au)

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
October	17	The WBFF Australian Championships	The Arts Centre Gold Coast	QLD	www.wbffshows.com.au

Please forward calendar updates or changes to [ironman@blitzmag.com.au](mailto:ironman@blitzmag.com.au)



"Machine or free weights,  
it doesn't really matter.  
Your muscle responds  
to stress; it doesn't  
know if you're lifting  
a barbell, a weight  
stack or a Spice Girl."

— Dorian Yates



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- + Men's Physique Pro Sergi Constance
- + 5 Things You Can Learn From Sprinting
- + Embrace the Pain: Lower-Body Workout

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